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ome Helps

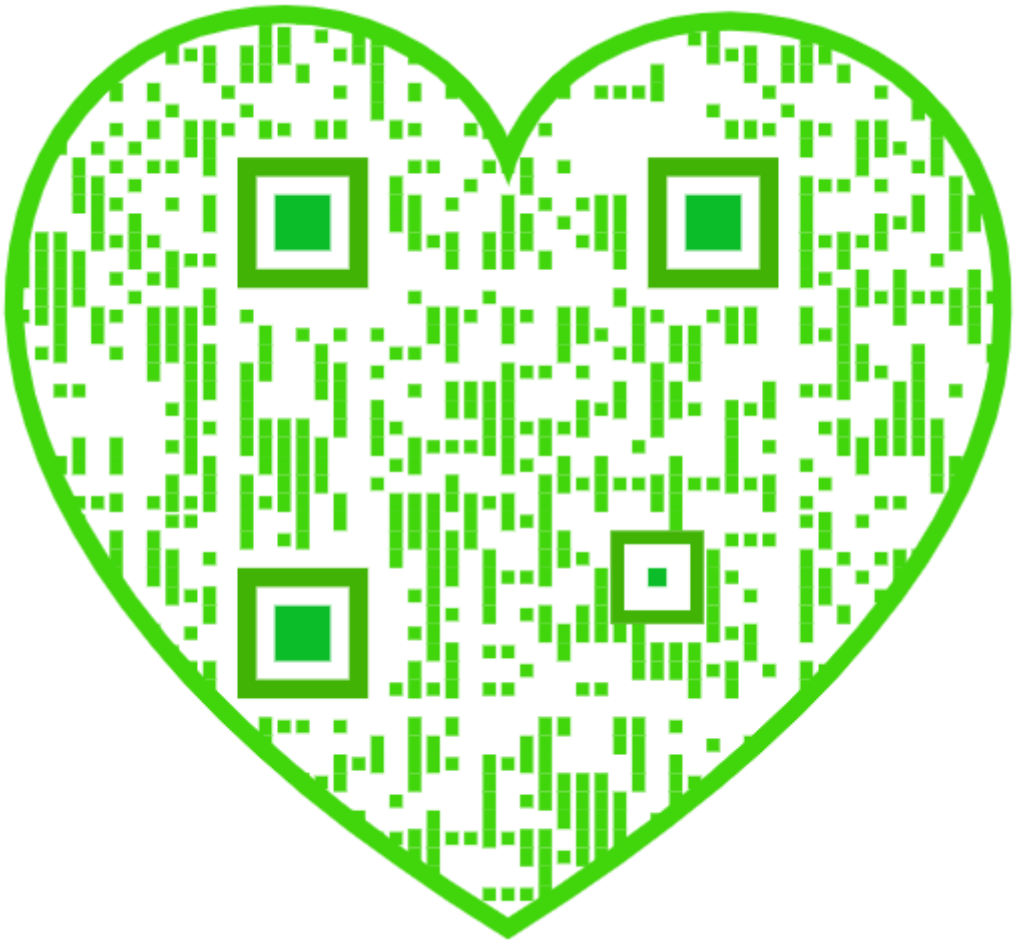
A PURE FOOD COOK BOOK

Recipes by

Mrs. Mary J. Lincoln Mrs. Sarah Tyson Rorer

Mrs. Helen Armstrong Lida Ames Willis

Marion Harland



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HOME HELPS

A PURE FOOD COOK BOOK

A Useful Collection of Up-to-date, Practical Recipes
by five of the Leading Culinary Experts
in the United States:

MRS. MARY J. LINCOLN LIDA AMES WILLIS
MRS. SARAH TYSON RORER
MRS. HELEN ARMSTRONG
MARION HARLAND

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THE N. K. FAIRBANK COMPANY

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New Orleans and Montreal

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BIES-OS, BUFFALO.

"Nature's Gift from the Sunny South"

The Source of Cottolene

—Introduction—

This is the "pure food" age. So much has been written, so many laws have been made, so much discussion has been rife in favor of this all-important topic for the housewife, that we feel no apology or explanation is necessary for this book of "Home Helps."

We have tried to make it just what its name implies—a help for the home. Every housewife should have a cook-book, whether she be a bride with little or no experience or a past-master in the culinary line. The trouble has been to find a book that was practical, containing mostly simple, every-day, useful recipes, calling for few ingredients and requiring little time in preparation. We believe we have succeeded in making "Home Helps" the most practical book in this respect ever issued.

The old saying, "Too many cooks spoil the broth" is not applicable here, and in selecting the favorite recipes of Mrs. Lincoln, Mrs. Rorer, Mrs. Armstrong, Marion Harland and Miss Willis, we have incorporated a feature never before found in one volume.

We commend this book to the daily use of the millions of American housewives who are interested in preparing pure foods under the most approved and scientific methods. Whether your household "cookery" is in your own hands or that of a hired cook, this volume cannot fail to be invaluable. The more you use it, the more good you will get from it.

While this book is published in the interests of **Cottolene,** the perfect shortening which has been aptly termed "Nature's Gift from The Sunny South," and **Cottolene** is naturally specified as the cooking fat in a number of recipes where lard or butter would otherwise be used, there are many recipes given where no mention of **Cottolene** is made; and, furthermore, wherever this superior cotton-oil cooking fat is specified, it has only been after careful tests by these famous experts have shown it to be preferable to either lard or butter from the standpoint of economy, palatability and healthfulness.

Yours for healthful cooking,

THE N. K. FAIRBANK COMPANY

For All Shortening and Frying Use Cottolene

Years ago nothing but butter or lard were used for shortening and frying; to-day the visible supply of these two products is insufficient to supply the demand, taking into consideration the amount of butter required for table use.

Cottolene is not offered the housewife as a cheap imitation of either butter or lard, but as a vegetable product which is superior to either for cooking purposes. Because it happens to be about half the price of butter, or less, is but an additional reason, from a purely economical standpoint, for its use. The main argument for the use of **Cottolene** is the purity of its ingredients and the wholesomeness of the food prepared with it.

There isn't an ounce of hog fat in **Cottolene**, and from cotton-field to kitchen human hands never touch the product. Packed in our patent, air-tight tin pails, **Cottolene** reaches you as fresh as the day it was made. Lard and butter are sold in bulk, and do not have this protection.

Cottolene is always uniform in quality, and because of its freedom from moisture it goes one-third farther than butter or lard, both of which contain about 20% of water. It is much more economical than lard; about 50% more so than butter.

Cottolene contains no salt, and is richer in shortening properties than either butter or lard. Two-thirds of a pound of **Cottolene** will give better results than a pound of either butter or lard.

Because **Cottolene** is made from sweet and pure oils, refined by our own special process, it makes food more digestible. Its use insures light, flaky pie-crust; it makes deliciously crisp, tender doughnuts; for cake-making it creams up beautifully and gives results equal to the best cooking butter; muffins, fritters, shortcake and all other pastry are best when made with **Cottolene**; it makes food light and rich, but never greasy. **Cottolene** heats to a higher temperature than butter or lard, and cooks so quickly the fat has no chance to soak in.

Cottolene is just as pure and healthful as olive oil, and is unqualifiedly recommended by leading physicians, domestic science authorities and culinary experts as wholesome, digestible and economical. The use of **Cottolene** in your frying and shortening will both save you money and give you better results.

How to Use Cottolene

If you occasionally buy strong butter or rancid lard you do not denounce butter or lard, or give up their use. Be as fair with Cottolene. No edible fat will keep indefinitely when stored too long in a warm place, or otherwise abused.

A general rule for the use of Cottolene as shortening in all mixtures is: *Use one-third less than the amount given for butter or lard in the recipe.*

For cake making, cream the Cottolene as you would butter, adding a little salt, as it contains none.

In sautéing, or browning, use only enough Cottolene to grease the pan. Add more fat when you turn the food. Cottolene should be put into the pan while cold and after the bottom of the pan is once covered with the melted Cottolene, more can be added as desired. Unless used in this way, Cottolene may burn and throw off an odor, as would any other cooking fat.

For deep frying, have Cottolene at least deep enough to cover, or float, the article being fried, heating slowly. For uncooked mixtures, test with a bit of dough, which should rise at once to the top with some sputtering; the fat should be kept at an even temperature. For croquettes, fish balls, or other cooked mixtures which will brown in one minute, test with a block of white bread, which should brown in a few seconds. Make this test always—never trust your eye.

Uncooked fish and meat are better when covered with bread crumbs to give the crisp crust desired in fried food. The fat should be hot at first, that it may not penetrate, then reduce the heat, that the food may cook till done, without burning. Never let the fat heat to the smoking point, for then it is burning hot. Cook only three or four pieces at once, for more will chill the fat and prevent perfect frying. Clarify the fat after frying, by browning a piece of raw potato in it, then strain through fine cheese cloth. It is then again ready to use.

What Noted Cooking Experts Think of Cottolene

In addition to the remarks and recommendations made in other parts of this book, the following testimonials received from famous authorities on Domestic Science, attest the high regard in which Cottolene is held by all those who have made a careful study of food preparation and food values.

MRS. SARAH TYSON RORER

Principal Philadelphia Cooking School and Culinary Editor "*The Ladies' Home Journal.*"

"I use Cottolene in every and all the ways that one would use lard, also in the preparation of sweet cakes. I consider it an important frying medium and a much more healthful product than lard."

MARION HARLAND

Author of the famous "*Marion Harland Cook Book.*"

"Many years ago I discontinued the use of lard in my kitchen and substituted for it—as an experiment—Cottolene, then comparatively a new product. Since my first trial of it I can truly say that it has given complete satisfaction, whether it is used alone, as 'shortening,' or in combination with butter in pastry, biscuits, etc., or in frying. I honestly believe it to be the very best thing of its kind ever offered to the American housekeeper."

MRS. JANET M. HILL

Editor "*Boston Cooking School Magazine.*"

"For several years I have used Cottolene in my own kitchen and find it very satisfactory. I am glad to commend it."

MRS. SARAH PEARSON STUART

Editor Household Department "*American Housekeeper.*"

"When properly used, Cottolene never makes other than light, wholesome and nutritious food, that can be readily digested by the most delicate stomach."

MRS. HELEN ARMSTRONG

Teacher of Cookery.

"Having used Cottolene constantly for over five years, both as shortening and for frying purposes, I feel no hesitancy in recommending it as a very superior article. It is not only much more wholesome than lard, but produces more palatable results."

These are but a few. Other well known authorities who have tested Cottolene and recommend its use are :

Mrs. F. A. Benson **Mrs. Emma P. Ewing**
and Mrs. Christine Terhune Herrick

Eminent Physicians Endorse Cottolene

Nine-tenths of all human ailments are due primarily to indigestion or are aggravated because of it. The chief cause of indigestion is food prepared with lard. The following are but brief extracts from letters received, showing the high esteem in which Cottolene is regarded as a cooking medium by physicians ranking among the highest in the profession.

J. HOBART EGBERT, A. M., M. D., PH. D.

From an article in the "*Medical Summary*" entitled "Available Facts for Consumptives and Others with Wasting Diseases".

"In cooking food, we would recommend the preparation known as 'Cottolene', a wholesome combination of fresh beef suet and purest cottonseed oil. This preparation is both economical and convenient, free from adulterations and impurities, and dietetic experiments conclusively show that incorporated in food it yields to the body available nourishment."

R. OGDEN DOREMUS, M. D., LL. D.

Professor of Chemistry, Toxicology and Medical Jurisprudence, Bellevue Hospital Medical College, New York.

"As a substitute for lard, which is its purpose, Cottolene possesses all the desirable qualities of lard without having the objectionable features inherent in all products obtained from swine."

DR. JAMES PAIGE EMERY,

From an article in the "*American Housekeeper*" entitled "The Most Healthful of All Cooking Fats".

"Cottolene, being essentially a vegetable product, forms the most healthful and nutritious cooking medium known to the food experts and medical profession."

WM. JAGO, F. I. C., F. C. S.

That eminent chemist, William Jago, than whom there is no higher authority on cooking fats, reports as follows from Brighton, England:

"I find Cottolene to consist practically of 100 per cent. pure fat, the following being the actual results obtained by analysis: Percentage of Pure Fat, 99.982. I found the 'shortening' effect of 12 ozs. of Cottolene practically equal to that of 1 lb. best butter. For hygienic reasons, Cottolene may be used with safety as a perfectly harmless and innocuous substitute for other fats employed for dietetic purposes."

Other eminent Physicians who have endorsed and recommended Cottolene are: **Henry Seffmann, M. D.,** Professor of Chemistry, Woman's Medical College of Pennsylvania, Philadelphia; **Prof. Jesse P. Battershall, Ph. S., F. C. S.,** Chemist U. S. Laboratory, New York; **Dr. Allen McLane Hamilton,** New York, N. Y.; **Dr. Edw. Smith,** Analyst New York State Board of Health.

How to Measure

One cup, or one tablespoon, or one teaspoon, means a full measure—all it will hold of liquid. and even with the rim, or edge, of dry material.

Stir up all packed materials, like mustard in its box, and sift flour before measuring. Fill cup without shaking down, and dip spoon in material, taking up a heaped measure, then with a knife scrape off toward the tip till you have level measure. Pack butter or **Cottolene** in cup so there will be no air spaces. A scant cup means one-eighth less and a heaped cup about one-eighth more than a level cup.

Divide a level spoon lengthwise for a half measure, and a half spoon crosswise for quarters or eighths. A pinch means about one-eighth, so does a saltspoon; less than that means a dash or a few grains.

A rounded tablespoon means filled above the rim as much as the spoon hollow below, and equals two of level measure. It also equals one ounce in weight, and two rounded tablespoons if put together would heap a tablespoon about as high as would an egg, giving us the old-time measure of "butter size of an egg," or two ounces, or one-fourth the cup. Butter and **Cottolene** and flour for sauces are commonly measured by the rounded tablespoon by the experienced housekeeper.

Except in delicate cake, or where it is creamed with sugar, and in pastry—where it should be chilled to make a flaky crust, **Cottolene** or butter may be most quickly and economically measured after it is melted. Keep a small supply in a granite cup, and when needed, stand the cup in hot water, and when melted, pour the amount desired into the spoon or cup. For all kinds of breakfast cakes, it is especially helpful to measure it in this way.

Soda, cream of tartar, baking powder, salt and spices, and some extracts, are generally measured with a teaspoon, level measure, for this gives the proportional amount needed for the cup measure of other materials.

TABLE OF MEASURES

60 drops .....= 1 teasp.
3 teaspoons .....= 1 tabsp.
4 tablespoons .....= ¼ cup.
1 cup .....= ½ pint.
1 round tablespoon butter...= 1 ounce.
1 solid cup butter, granulated sugar, milk, chopped meat = ½ pound.
2 cups flour.....= 1 pound.
9 large eggs.....= 1 pound.

TABLE OF PROPORTIONS

1 cup liquid, 3 cups flour for bread.
1 cup liquid, 2 cups flour for muffins.
1 cup liquid, 1 cup flour for batters.
1 teaspoon soda to 1 pint sour milk.
1 teaspoon soda to 1 cup molasses.
¼ teaspoon salt to 1 quart custard.
1 teaspoon salt to 1 quart water.
⅛ teaspoon salt is a pinch.
¼ square inch pepper is a shake.

Time Tables for Cooking

BAKING BREAD, CAKES AND PUDDINGS

Loaf bread	40 to 60 m.
Rolls, Biscuit	10 to 20 "
Graham gems	30 "
Gingerbread	20 to 30 "
Sponge-cake	45 to 60 "
Plain cake	30 to 40 "
Fruit cake	2 to 3 hrs.
Cookies	10 to 15 m.
Bread pudding	1 hr.
Rice and Tapioca	1 "
Indian pudding	2 to 3 "
Plum pudding	2 to 3 "
Custards	15 to 20 m.
Steamed brown-bread	3 hrs.
Steamed puddings	1 to 3 "
Pie-crust	about 30 m.
Potatoes	30 to 45 m.
Baked beans	6 to 8 hrs.
Braised meat	3 to 4 "
Scalloped dishes	15 to 20 m.

BAKING MEATS

Beef, sirloin, rare, per lb.	8 to 10 m.
Beef, sirloin, well done, per lb.	12 to 15 m.
Beef, rolled rib or rump, per lb.	12 to 15 m.
Beef, long or short fillet	20 to 30 m.
Mutton, rare, per lb.	10 "
Mutton, well done, per lb.	15 "
Lamb, well done, per lb.	15 "
Veal, well done, per lb.	20 "
Pork, well done, per lb.	30 "
Turkey, 10 lbs. wt	3 hrs.
Chickens, 3 to 4 lbs. wt.	1 to 1½ "
Goose, 8 lbs.	2 hrs.
Tame duck	40 to 60 m.
Game duck	30 to 40 m.
Grouse, Pigeons	30 "
Small birds	15 to 20 "
Venison, per lb.	15 "
Fish, 6 to 8 lbs.; long, thin fish	1 hr.
Fish, 4 to 6 lbs.; thick Halibut	1 hr.
Fish, small	20 to 30 m.

FREEZING

Ice Cream	30 m.

BOILING

Coffee	3 to 5 m.
Tea, steep without boiling	5 "
Corn meal	3 hrs.
Hominy, fine	1 hr.
Oatmeal, rolled	30 m.
" coarse, steamed	3 hrs.
Rice, steamed	45 to 60 m.
Rice, boiled	15 to 20 "
Wheat Granules	20 to 30 "
Eggs, soft boiled	3 to 6 "
Eggs, hard boiled	15 to 20 "
Fish, long, whole, per lb.	6 to 10 "
Fish, cubical, per lb.	15 "
Clams, Oysters	3 to 5 "
Beef, corned and á la mode	3 to 5 hrs.
Soup stock	3 to 6 "
Veal, Mutton	2 to 3 "
Tongue	3 to 4 "
Potted pigeons	2 "
Ham	5 "
Sweetbreads	20 to 30 m.
Sweet corn	5 to 8 "
Asparagus, Tomatoes, Peas	15 to 20 m.
Macaroni, Potatoes, Spinach, Squash, Celery, Cauliflower Greens	20 to 30 "
Cabbage, Beets, young	30 to 45 "
Parsnips, Turnips	30 to 45 "
Carrots, Onions, Salsify	30 to 60 "
Beans, String and Shelled	1 to 2 hrs.
Puddings, 1 quart, steamed	3 hrs.
Puddings, small	1 hr.

FRYING

Croquettes, Fish Balls	1 m.
Doughnuts, Fritters	3 to 5 "
Bacon, Small Fish, Potatoes	2 to 5 "
Breaded Chops and Fish	5 to 8 "

BROILING

Steak, one inch thick	4 m.
Steak, one and a half inch thick	6 m.
Small, thin fish	5 to 8 "
Thick fish	12 to 15 m.
Chops broiled in paper	8 to 10 "
Chickens	20 "
Liver, Tripe, Bacon	3 to 8 "

Beverages

TEA
(Mrs. Lincoln)

Use water freshly boiled. Scald the teapot (earthen, granite or china); for mild infusions allow one-half teaspoon level for each cup. Pour the boiling water on the tea, cover closely and let it stand and infuse, not boil, for five minutes. If you have a table teakettle, put the tea in a tea ball, fill two cups at a time with boiling water, hold the ball in the water till the desired strength is secured. At afternoon teas and for iced tea, serve lemon slices.

CHOCOLATE
(Mrs. Lincoln)

Mix two rounded tablespoons sugar, a few grains of salt, and one-half level teaspoon cornstarch in a granite saucepan, add two squares of unsweetened chocolate and one-fourth cup of cold water; stir over the fire until melted, thick and smooth. Add one cup of boiling water and when ready to serve add three cups scalded milk. Keep it hot over hot water until ready to serve.

CAFÉ NOIR
(Mrs. Rorer)

Café Noir (the French for black coffee) is made by dripping. It is also called "drip coffee." Each half pint of water requires a heaping tablespoonful of coffee, ground to a powder. This powder is placed in a thick flannel cloth and laid in a strainer. The boiling (it must be boiling) water is poured over it and allowed to percolate into the pot. The flannel should not be porous, or the fine powder will also find its way through to the pot below. Like all other hot beverages, it should be served immediately.

BOILED COFFEE
(Mrs. Rorer)

Boiled coffee is made by pouring a sufficient quantity, finely ground, into the pot; then pour in boiling water. This is allowed to boil, and then taken from the fire while the beaten white of an egg and the crushed shells are placed in the pot. Again place on the fire and let boil about one minute; remove and allow to stand a few minutes (not more than five) and serve.

CAFÉ AU LAIT
(Miss Willis)

Make coffee in a drip coffee pot, (or in an ordinary coffee pot without boiling it and immediately pouring it off the grounds), then add an equal quantity of good rich milk scalded to steaming point in a double boiler. Sweeten to suit the taste, cover and let heat over the boiling water for twenty minutes before serving. This coffee agrees with everyone and the dyspeptic and bilious

who have been obliged to give up coffee because they cannot enjoy it without cream but suffer ill effects when cream is combined with rich coffee, suffer no inconvenience from drinking café au lait. There is a logical and hygienic reason why this is so.

MULLED GRAPE JUICE
(Mrs. Armstrong)

To one pint grape juice add one cup water and half a cup of cassia buds, or several pieces of stick cinnamon. Heat in double boiler half an hour. Strain, and serve very hot as first course in luncheon.

Breakfast Cakes, Fritters and Doughnuts

In preparing fritters, beat egg whites separately and add just before using. If intended for fruit, add a teaspoon of sugar, and if for meat or fish, a tablespoon of lemon juice or vinegar. A thin batter is preferable to a thick one. In frying doughnuts, fritters, etc., use plenty of **Cottolene.** Let it heat gradually, and be sure that it is hot enough before you begin to cook. When the frying is done, the **Cottolene** remaining can be carefully strained to use again. Never mix the fats in which doughnuts, vegetables or fish have been fried. Keep a separate vessel for each.

BAKING-POWDER BISCUIT
(Mrs. Lincoln)

Into two cups of sifted pastry flour, sift and mix one level teaspoon of salt and four level or two rounded teaspoons baking powder; chop in one level tablespoon of chilled **Cottolene,** wet to a stiff dough with about three-fourths cup of milk, or half water and half milk. Toss out on a floured board, pat it down and roll one-half inch thick. Cut into small rounds and bake in a hot oven.

SOUR MILK BISCUIT
(Miss Willis)

One quart flour; one tablespoon salt; one teaspoon soda; one pint sour milk. Sift the flour with salt and baking soda; flour or butter a baking pan and see that the oven is hot; wet the flour with a pint of sour milk, or enough to make a soft dough; add one tablespoon of **Cottolene,** by chopping it into the flour; shape the biscuits quickly, put them into the pan and bake them in a hot oven for about twenty minutes.

CREAM BISCUIT (BAKING POWDER)
(Mrs. Armstrong)

Sift together one pint of pastry flour, three teaspoons of baking powder, and half a spoon of salt. Moisten with cream as soft as can be handled. Roll out on a well floured board, cut in small biscuits and place in a pan,

brushing over with melted butter or cream before baking. Have oven very hot, and bake ten or fifteen minutes, according to size. For milk biscuits use two tablespoons of Cottolene to shorten. Mixture like this made softer and baked in gem pans gives an easy and satisfactory drop biscuit.

ONE-EGG MUFFINS OR QUICK SALLY LUNN
(Miss Willis)

One and one-half tablespoons melted Cottolene; one tablespoon sugar; one and one-half to one and three-quarters cup of milk; one egg; three cups sifted flour; three teaspoons baking powder; one scant teaspoon salt. Use more or less milk according to quality of flour. Sift baking powder and flour together; add Cottolene, sugar, egg and milk.

FRIED DROP CAKES
(Mrs. Lincoln)

With one-half cup flour, mix one-half saltspoon cinnamon, one-half level teaspoon soda and one level teaspoon baking powder. Add one cup sour milk, one-fourth cup molasses, one beaten egg, and rye meal or graham flour enough to make a soft dough that will hold in shape when dropped. Drop from a teaspoon into hot deep Cottolene. When they turn over and are brown, try with a fork—if it comes out clean, they are done.

SCALDED CORN MEAL CAKES
(Mrs. Lincoln)

Known also as Dabs or Hoe Cakes. Mix one-fourth level teaspoon salt with one cup fine white corn meal (Rhode Island and Southern varieties preferred). Scald with boiling water sufficient to wet and swell every grain and have the mixture barely hold together. Then thin with cold milk to a soft dough that will keep its shape. Drop from a tablespoon on a griddle well greased with Cottolene, or butter, or salt pork fat. Shape them as they cook, turn them round for uniform browning and turn over when brown on one side. When done, let them stand in the oven for a few minutes. They absorb a deal of fat in cooking, and when ready to turn, put a bit on each, that the fresh side may be equally well browned.

SHORTCAKE
(Mrs. Lincoln)

Add to the Baking-Powder Biscuit formula, twice the amount of Cottolene, or use only three level teaspoons of baking powder, and add one egg if you prefer. When baked pull the biscuit apart, spread with butter and put mashed and sweetened berries or other fruit, between the crusts and over the whole. The biscuits are more easily served than large cakes.

POPOVERS
(Mrs. Armstrong)

Beat two large or three small eggs well; mix carefully two cups flour, half teaspoon of salt and two cups of milk with eggs. Pour into hot greased irons and bake in rather hot oven half an hour or more, according to size. Serve promptly.

OLD TIME CORNBREAD
(Miss Willis)

One pint sifted yellow corn meal, one pint flour, one pint sour milk, two eggs beaten light, one-half cup sugar; **Cottolene**, about the size of a small egg, melted and added last thing, one teaspoon soda added to the milk. Add to the beaten eggs the milk and meal alternately, then the **Cottolene** and sugar. Bake twenty minutes in hot oven.

GRIDDLE CAKES
(Mrs. Lincoln)

One cup of sifted flour, (one-third of this cup may be entire wheat, or fine corn meal, or rye meal). Before mixing, sift on the flour one-half level teaspoon each of salt and soda, and one level teaspoon of baking powder. Mix, and add one beaten egg and one tablespoon of melted **Cottolene**; if the milk is one-third cream, omit the **Cottolene**. Beat well and cook on a griddle, greased slightly with **Cottolene**. Flours and meals vary, and if the first cake is not right, add more flour or moisture, as needed.

BUCKWHEAT CAKES
(Mrs. Lincoln)

At night mix one cup graham flour, two cups buckwheat, one level teaspoon salt, and moisten with warm water to make thick batter. Add two tablespoons molasses and one-half cake compressed yeast, softened in a little water. Cover, and let it rise. In the morning, stir the batter down and thin it, if needed, with warm water; and if there be any sour odor, add one-fourth level teaspoon soda dissolved in a little water. When all is ready for breakfast, fry the cakes as wanted on a griddle greased slightly with **Cottolene**. In all frying on a griddle, use only fat enough to give a slight film of grease—any more than this makes extra work for you by burning on and filling the room with smoke.

NEW ENGLAND DOUGHNUTS
(Miss Willis)

One quart sifted flour, one-half teaspoon salt, one-fourth teaspoon grated nutmeg, three teaspoons baking powder. Sift all together until mixed. Beat two eggs light with two ounces (four tablespoons or one-fourth cup) **Cottolene** and one cup granulated sugar. Add one cup milk and the sifted flour. Some qualities of flour require a little more milk to make a soft dough. Roll out about one-half inch thick and cut with a ring cutter. When all are cut out, have ready the frying kettle with sufficient hot **Cottolene** to float the doughnuts while frying. Test with a piece of the dough. If it comes immediately to the surface it is hot enough to begin frying. Cook about three minutes, turning frequently to keep them smooth and like balls. When taken from the fat, dust with powdered sugar and cinnamon.

RAISED DOUGHNUTS
(Mrs. Lincoln)

To one pint of risen bread dough, work in one cup sugar beaten

with two eggs and one teaspoon melted **Cottolene**. Mix a little nutmeg, or cinnamon, with one-fourth cup of flour; add this, and enough more flour to make a stiff dough. Roll and cut, and let them rise half an hour before frying in deep, hot **Cottolene**.

APPLE FRITTERS
(Mrs. Rorer)

Three tart apples; two eggs, one cup milk, one teaspoon salt, about one and one-half cups flour, one teaspoon baking powder.

Pare and core the apples; cut them into rings; dust with sugar and cinnamon; stand aside to use. Beat eggs without separating, until light; add milk, salt and sufficient flour to make a soft batter; beat well and add the baking powder; beat again. Have ready, very hot, a deep pan of **Cottolene**, dip each ring of apple in the batter, drop it in the **Cottolene** and fry until brown. Serve hot, dusted with powdered sugar.

FRUIT FRITTERS
(Miss Willis)

Almost any kind of fine fruit may be served in the form of fritters. Apples, bananas, pears, oranges, peaches, etc., are all suitable for this form of entrée. Apples should be pared, cored and cut into round slices about half an inch thick. They may be seasoned with a little lemon juice and nutmeg, if these flavors be liked. Bananas should be cut in round slices about an inch thick; or, they may be cut in halves and split. Pears may be cut in quarters, while oranges may be divided into sections or cut in slices, care being taken to remove the seeds. For six people use: One-half pint flour, one gill milk, two teaspoons sugar, one-half teaspoon salt, two tablespoons melted butter and two eggs.

RICE CAKES
(Miss Willis)

Half pound rice, four and one-half ounces **Cottolene**, one quart milk, four eggs, one-half pound flour, one teaspoon baking powder, a little salt.

Soak the rice, boil soft, drain and mix with the **Cottolene**; let cool, add the milk, salt and eggs. Sift in a quarter of a pound of flour with a teaspoon of baking powder. Bake on well-greased griddle.

POTATO PANCAKES
(Mrs. Armstrong)

To one quart of raw potato, either grated or run through food chopper, add four eggs singly, beating each one in thoroughly. Add salt and pepper and a little flour, only enough to bind the mixture; the amount will vary owing to difference in potatoes. Fry by the spoonful in drippings or **Cottolene** and serve promptly.

GERMAN CRULLERS
(Mrs. Rorer)

Two eggs; one cup sugar; one tablespoon **Cottolene**; one cup of milk; two cups flour; one teaspoon baking powder; nutmeg; flour.

Beat the eggs until light, add sugar, melted Cottolene and milk; mix and add about two cups of flour and one teaspoon baking powder, sifted together; beat well; add grating of nutmeg and sufficient flour to make a soft dough; knead lightly; roll out, cut and fry in very hot Cottolene. Dust with powdered sugar.

Bread and Rolls

Cottolene is wholly adapted to all uses in the kitchen where lard is used and in the majority of cases where butter is used. It makes lighter biscuit than lard, and be they ever so rich, they are never greasy. It is more economical, requiring one-third less than either butter or lard. It has no peculiar flavor, no coloring matter and no salt, and in general use the amount of salt required with lard should always be used.

Bread and rolls should rise in a moderately warm place. If in too cold a place it will be heavy, and if in too hot, sour. In the case of soured dough, a teaspoon of soda will correct the sourness of the dough, but will not bring back the sweetness of the flour. Bread should rise to twice its original size before it is ready to bake, and small loaves are always preferable to large ones.

Rolls and all baking-powder bread require a hotter oven than a yeast-raised bread. In using baking powder always sift it twice with the flour. A teaspoon of baking powder to each pint of flour is a good proportion.

YEAST BREAD
Grandmother's Way
(Miss Willis)

Place in your bread or mixing bowl one heaping teaspoon of Cottolene, one teaspoon of salt, and one teaspoon of sugar. Pour over these one pint of milk which has been heated to steaming point and stir until the salt and sugar are dissolved, then allow to cool. When lukewarm, add one-half cup of yeast or one-half a compressed yeast cake dissolved in a little lukewarm water. Then stir in enough flour to make a rather stiff batter. Beat vigorously until the batter is perfectly smooth and full of air bubbles. Cover with a cloth and lid to exclude the air and set in a warm place to rise. The kitchen table is near enough the fire in summer. In the winter have a temperature of about seventy degrees Fahr. When the batter doubles its bulk and is light and spongy stir into it sufficient flour to make a moderately stiff dough (soft as can be handled makes lighter bread). Flour your bread board. Turn out the dough and knead lightly and quickly until it becomes smooth and elastic and will not stick to the hands or board. Return to the bowl, cover as

before, and set to rise again. When the dough doubles its bulk place again on the moulding board and separate into two loaves. Mold and turn into well greased bread pans and cover and set to rise again. When the loaves double their original bulk place in a moderately quick oven and bake for three-quarters of an hour.

MILK BREAD
(Mrs. Lincoln)

(Without kneading.) Scald one cup of milk and melt in it one level teaspoon Cottolene, one level teaspoon sugar and one-half level teaspoon salt. When cool, add one-half cake compressed yeast softened in one-half cup lukewarm water. Stir in about one and one-half cups of white flour, or enough to make a drop batter after beating well. Cover and place the bowl in a pan of warm water as hot as you can bear your hand in. Keep the water at the same temperature until the batter is full of bubbles, about an hour. Stir in enough more flour to make a dough that will keep up round after you stop stirring. Cut through, and turn over with a broad knife, and if it settles to a level it needs a trifle more flour. Cut and stir it till no dry flour is seen, then cover and stand again in the pan of warm water, and after another hour it should be doubled in bulk. If you are not ready to attend to it then, cut it away from the bowl, turn the dough over and over and let it rise again for a short time. This liberates some of the gas and prevents the fermentation going on to the sour state. Toss out on floured board and shape into one long loaf, or divide and make two round loaves—place them close together in a brick loaf pan and let rise till doubled in bulk. Then bake in hot oven about forty minutes. Remove and stand on end till cool.

BOSTON BROWN BREAD
(Mrs. Lincoln)

Mix one pint of corn meal and one pint of rye meal; or, if rye is not liked, use graham meal; or use one cup of rolled oatmeal and one cup of white flour with the pint of corn meal. Add one level teaspoon salt, one level teaspoon baking powder, two level teaspoons soda, and moisten with one pint of sour milk, or buttermilk, and one cup molasses. If too stiff, thin with a little water, after beating well. Grease pound size baking powder cans with Cottolene and half fill with the batter, cover, and steam three hours. Half a cup of seeded raisins or stewed prunes, cut small, may be mixed into the batter.

SOUTHERN BROWN BREAD
(Miss Willis)

One-half pound fat salt pork chopped fine and covered with one cup boiling water. Then let cool. One cup each corn meal, rye meal, graham flour and white flour, one teaspoon salt, one cup raisins cut in half and floured

with a little of the white flour, one cup molasses, rounded teaspoon soda mixed with molasses until it foams, mix in pork and water. Take one pint milk, put in half and mix with other ingredients. Beat, add rest milk and floured raisins, pour in five pound lard pail, cover closely. Steam three hours and bake one-half hour.

SALT-RISING BREAD
(Miss Willis)

One pint of new milk, corn meal to thicken, one gallon flour, one tablespoon sugar, one teaspoon salt, pinch soda.

Set the milk on the fire and stir in corn meal to make as thick as mush. Set in a warm place all night. In the morning it will be light. Put the flour in a bowl, pour in the mush and mix with warm milk and water, equal parts; add the sugar, salt and soda. Make a stiff batter, cover and keep warm. In an hour it will be light. Work in flour to make stiff dough, let it rise, mold in loaves, put in greased pans, let it rise and bake. This makes the sweetest and most wholesome bread a family can use.

WHOLE WHEAT BREAD
(Mrs. Armstrong)

Soften one cake of compressed yeast in one-fourth cup of water. Sift a scant quart of whole wheat flour into a bowl, with two teaspoons of salt and one-fourth cup of sugar, and make into a batter with a pint of warm milk and the yeast. Beat well and work in sifted flour until the bread can be handled lightly on the board. Place in greased bowl, cover well and leave in a warm place. Shape into two small loaves when light and bake in a moderate oven about forty-five minutes, brushing with soft butter just before placing them in the oven. For nut loaves a cup and a half of sliced nuts (pecans and English walnuts) may be added with the flour.

SALLY LUNN
(Mrs. Armstrong)

Sift together one pint of flour, two tablespoons of sugar and a little salt. Warm a scant cup of milk and melt in this two tablespoons of Cottolene. Stir into the flour, adding also a half cake of compressed yeast dissolved in a little lukewarm water. Beat very well; add one egg, yolk and white beaten separately. Pour all into buttered cake pan and let rise until double its bulk, about two hours. Sprinkle lightly with granulated sugar and bake in a moderately hot oven. Serve warm, cut into squares. If set over night for breakfast, one-fourth as much yeast is required.

MILK ROLLS
(Mrs. Lincoln)

Proceed as for Milk Bread, but instead of shaping into loaves, divide the dough into small portions and roll each with your hand into round shape for common biscuit. Bake them in muffin pans if liked crusty, or roll each

ball under the hand on the board until about a finger's length. Place them close together in two rows in a long, shallow pan, with a bit of softened butter between, if you like them richer. Some dip one edge of each roll in melted butter before placing in the pan. Other varieties may be made from this same soft dough. Roll into long strips and plait three together, making a braid or simply twist two together, or bake each in a long strip, or stick, or tie a bow-knot, or join in rings, or link several rings together.

French Rolls are made by rolling dough between the hands into small oval shapes about a finger long, tapering at each end, and put together in pairs; or rolling into egg-shaped pieces and cutting them half through the middle. Another shape is first a ball, then cut it half through each way, top to bottom, and right to left. Long rolls are shaped and cut across in slanting cuts; or the whole mass of dough is rolled under the hand and made into a large ring, pinching the ends together; then cut half way through, two inches apart, with a scissors. A knife dipped in melted Cottolene keeps these cuts from coming together.

OTHER ROLLS
(Mrs. Lincoln)

Two thin rounds with thin coating of butter between will give you a Sandwich Roll, that will pull apart easily after baking. A thin piece about four inches square, divided diagonally, and each half rolled from the broad side toward the point, and the ends curved round like a horseshoe, gives the Crescent shape. All of these varieties may be made from this formula for Milk Bread, and will save you the trouble of remembering many recipes.

If you do not care for shortening, or sugar, in bread, simply omit them; and if you like a richer roll, add more butter to the second mixing. Rolls should rise in the pans slowly; and when making both bread and rolls, bake the bread first; rolls should rise all they will before baking, and the oven should be hot enough for them to brown almost at once, and thus check any further rising in the oven. Being small, the heat penetrates through them quickly and sets the dough cells. In the loaf, however, which is thicker, some time is required for the heat to reach the center, and the dough goes on rising in the oven till the center cells are checked; therefore, it should not rise too long in the pan, and the heat for bread should be sufficient to arrest this rising before the cells break and run together, making a large hole in the loaf. Rolls are made more crisp by rubbing the crust with butter, twisted into a bit of cloth, as soon as they come from oven.

QUICK COFFEE CAKE
(Mrs. Armstrong)

Sift together twice, one pint of flour, one-third cup of sugar,

three teaspoons of baking powder and a half teaspoon each of salt and ground cinnamon. Mix to a soft dough with about half a cup of milk stirred into a well beaten egg. Add three tablespoons of melted **Cottolene**, spread in a shallow pan, sprinkle with sugar mixed with cinnamon, and bake in a moderate oven.

CINNAMON BUNS

(Miss Willis)

Scald a pint of milk; add a quarter pound of **Cottolene**, two tablespoons of sugar and one yeast cake, dissolved; add two eggs, well beaten, and sufficient flour to make a soft dough. Knead lightly; put aside in a warm place. When very light roll into a sheet; spread with butter and dust with sugar and then with currants. Cut into buns. Stand them in a greased pan, and when very light bake in a moderate oven three-quarters of an hour.

MRS. JANET M. HILL, Editor Boston Cooking School Magazine says: "For several years I have used COTTOLENE in my kitchen and find it very satisfactory. I am glad to recommend it."

Cakes

There are a few golden rules to be remembered in cake making. Beat the **Cottolene** and sugar together until very light before putting in the other materials; then add the yolks of the eggs, the liquid (either water or milk), then the flour, with which you have sifted the baking powder, and lastly the whites of eggs.

Here again remember that one-third less **Cottolene** must be used than butter or lard in the same recipe.

Sweet milk will make a cake rich and close; water in the same cake will make it light and delicate.

In nearly all recipes beat the whites and yolks of eggs separately.

Always sift the flour before measuring, then add the baking powder and sift again once or twice.

Pastry flour makes a much lighter cake than bread flour; where real pastry flour cannot be obtained, the soft winter white flour will answer the purpose.

GENUINE OLD-TIME SPONGE CAKE

(Mrs. Lincoln)

The weight of the eggs in sugar, and half their weight in flour. This enables you to make a cake of any size you desire. The usual proportion for one loaf, by measure, is four large or five small eggs, one cup of fine granulated sugar, and one cup of sifted pastry flour, the grated rind and juice of half a lemon. Beat yolks till thick and very creamy, add sugar,

and beat till light colored; add lemon. Beat whites till stiff and nearly dry, and fold them in with care, so as not to break down the bubbles, sift in the flour lightly, and fold over (not stir) till just barely covered. Bake in a moderate oven from forty to fifty minutes. You will look far to find a better sponge cake than this when properly made and baked.

ONE EGG CAKE
(Mrs. Lincoln)

One-third cup Cottolene, one cup sugar, one egg, one teaspoon vanilla, one-half teaspoon soda, one teaspoon cream of tartar, two cups flour, one cup milk.

Rub the Cottolene and sugar to a light cream; add the well beaten yolk of egg and vanilla. Mix together the soda, cream of tartar and flour, and stir into the sugar mixture alternately with the milk. Add the well beaten white of egg last. Bake in a shallow pan in a moderate oven about half an hour. Two level teaspoons of baking powder may be used instead of the soda and cream of tartar.

SUNSHINE CAKE
(Mrs. Armstrong)

Have ready one cup sifted granulated sugar, also two-thirds cup of flour with two-thirds teaspoon cream of tartar sifted four times. Beat seven whites of eggs very light, with speck of salt, add sugar gently, then the yolks beaten thick and light, then flour and scant teaspoon extract lemon or orange. Bake in ungreased pan slowly about fifty minutes and cool in pan inverted. Remove from the pan and cover thickly with sweetened and flavored whipped cream. Garnish with candied cherries or nuts and serve.

ALMOND CREAM CAKE
(Mrs. Armstrong)

Cream one-half cup of butter and Cottolene packed together, add one cup of sugar, and mix in alternately one-half cup of milk or water and two cups of pastry flour sifted three times with two teaspoons baking powder. Beat well, flavor and add five stiffly-beaten whites. Bake in two layers.

Whip sweetened cream until stiff; flavor with almond extract and sherry; add chopped blanched almonds and spread between and over the layers. Garnish with cherries.

DIXIE CAKE
(Miss Willis)

One-fourth pound Cottolene, one pound flour, two eggs, three-quarters pound sugar, one level teaspoon mixed cloves, cinnamon and allspice, powdered, one wine-glass brandy and rose water.

Chop the Cottolene into the flour, beat the eggs and sugar to a cream; stir these ingredients with the spices; add the brandy and sufficient rose water to make a soft cake dough; put the cake mixture into small buttered cake

pans, and bake the cakes in a moderate oven until a broom straw can be thrust into them and withdrawn clean and dry.

ORANGE LAYER CAKE
(Miss Willis)

Cream one-half cup **Cottolene** with one cup sugar until very light. Add three eggs, one at a time, beating each one in five minutes before adding another. Sift two teaspoons of baking powder with two cups sifted flour, mixing thoroughly, and add to the other materials, alternating with a half cup of milk or water (water, if the cake is to be eaten while fresh). Beat batter well after all ingredients are in. Bake in two layers in a moderately hot oven for about twenty minutes.

POUND CAKE
(Miss Willis)

Scant one-fourth pound **Cottolene**; one-half pound sugar; six eggs; one-half pound flour; vanilla extract.

The excellence of this cake depends entirely upon the rapidity and lightness with which the batter is beaten, and sometimes several efforts are necessary before it proves a perfect success in the making and baking. The baking has everything to do with success; the cake pan should be lined with soft writing paper, and a test of the oven made to see if the temperature is right—if a piece of writing paper turns brownish-yellow when left in the oven for two or three minutes the heat is right for baking cake. Put in a mixing bowl half a pound of sugar, beaten to a cream with a scant half pound of **Cottolene**, and beat one egg into them for two minutes, until six eggs have been used, beating each egg two minutes. Flavor with twenty drops of the strongest vanilla extract. Last of all sift in the half pound of flour, beating all the time until a smooth light batter is formed; this should be carefully baked as directed above. The French pastry cooks beat cake batter with the hand.

HARLEQUIN CAKE
(Mrs. Lincoln)

Three-fourths cup of **Cottolene**; two cups sugar; three eggs; one cup milk; three cups pastry flour; two slightly rounding teaspoons baking powder.

Rub to a light cream the **Cottolene** and sugar; add the well-beaten egg yolks, and when this is light add the milk. Mix together the flour and baking powder, and stir into the egg mixture. Beat the egg whites stiff and beat them thoroughly into the dough. When it is light and fine grained divide the dough into four equal parts. Have two parts the color of the dough. Color the third with one square of unsweetened chocolate, melted. Color the fourth with pink coloring, and bake each part in a Washington pie plate. When all are done, lay first a light cake, then the pink, then another light, then the

chocolate. Between the layers spread lemon jelly, and frost with white frosting.

FRUIT CAKE
(Mrs. Lincoln)

Mix four cups sifted pastry flour, one level teaspoon soda, two level teaspoons mixed spices (except cloves), one-fourth level teaspoon salt and two cups seeded and quartered raisins. Add also one-half cup nuts chopped fine, if you like. Blend one-half cup **Cottolene** with one cup brown sugar and one cup white sugar, add one cup molasses, one cup milk and then the flour mixture. Beat well and bake in two pans.

SPICED LOAF CAKE
(Mrs. Armstrong)

Sift two cups of flour with a teaspoon each of soda and cinnamon and half a teaspoon of salt and cloves. Cream one-third cup of **Cottolene** and one cup of brown sugar and add a half cup of molasses and two well beaten eggs. Mix part of the flour with a cup of fruit (raisins, currants and citron together), and add to batter, also half a cup of strong coffee and balance of flour. Bake in loaf pan in moderate oven about an hour.

HICKORY NUT CAKE
(Mrs. Rorer)

Four ounces **Cottolene**, two cups flour, four egg whites, one and one-half cups sugar; three-fourths cup water, one cup hickory nut kernels, one teaspoon baking powder.

Beat the **Cottolene** and sugar to a cream, then add the water and flour, stir until smooth; add half the well beaten whites, then the nuts, then the remainder of the whites and the baking powder. Pour into square, flat pans, lined with greased paper to the depth of three inches and bake in a moderate oven for forty-five minutes.

SNOW CAKE
(Miss Willis)

Three-fourths cup **Cottolene**, scant, two cups of sugar, two cups sifted flour, one cup sweet milk, one cup cornstarch, two teaspoons baking powder, whites of eight eggs, one teaspoon flavoring.

Cream **Cottolene** and sugar until almost white and frothy. Add cornstarch and baking powder to the flour and sift thoroughly. Add alternately with the milk. Then add flavoring. Beat smooth. Then fold and cut in the whites of the eggs beaten to a white, stiff foam. Bake in a moderate oven in two layers or in a loaf.

SPANISH BUN
(Miss Willis)

Four ounces **Cottolene**, one pound sugar, three-fourths pound flour, four eggs, one cup cream, one cup currants, two teaspoons cream of tartar, one teaspoon soda. Beat together the **Cottolene**, sugar, yolks of eggs and add the cream; beat it in. Then add the flour sifted with cream of tartar. Last the beaten whites of the eggs, and when all is well mixed add the

soda dissolved in a little rose water. Then stir in the currants. Bake in flat tins.

MOLASSES CAKE
(Mrs. Rorer)

One cup New Orleans molasses, two scant tablespoons **Cottolene**, melted, one cup boiling water, one teaspoon soda or saleratus, three cups flour, one tablespoon ginger.

Dissolve the soda or saleratus in a tablespoon of boiling water, and add it to the molasses; then add the melted **Cottolene**, boiling water, ginger and flour. Beat until smooth and bake in a moderate oven about thirty minutes.

MOLASSES FRUIT CAKE
(Miss Willis)

One cup brown sugar; two-thirds teacup **Cottolene**; two cups cooking molasses; one cup milk; four eggs; one tablespoon ginger; one tablespoon cinnamon; one-half teaspoon cloves; one teaspoon grated nutmeg; five cups sifted flour; one cup raisins; one cup currants.

Work the **Cottolene** and sugar well together, then add the molasses, the eggs well beaten, the milk, salt and spices. Sift in the flour by degrees. Dissolve the soda in a tablespoon of water; add to the mixture. Flour the raisins and currants and add last. Bake in a moderate oven one hour. This will keep six months if well covered.

OLD TIME GINGER BREAD
(Miss Willis)

One cup dark brown sugar, one-third cup **Cottolene**, one cup New Orleans molasses, one cup sour cream, one level teaspoon soda, one teaspoon ginger, four egg yolks, three cups of flour.

Cream **Cottolene**, sugar and yolks together, add the molasses and ginger. Dissolve the soda in one tablespoon hot water and add it to the sour cream. Then add the other ingredients and flour, and beat well. Bake in a long, shallow pan in moderate oven.

DEVIL'S FOOT
(Miss Willis)

Take for the custard part one cup unsweetened grated chocolate, one cup brown sugar, one-half cup sweet milk and yolk of one egg. Flavor with a teaspoon vanilla. Stir all together in an agate saucepan, cook slowly and set away to cool.

For the cake part take one cup brown sugar, one-third cup **Cottolene**, two eggs and two cups flour. Cream the **Cottolene** and sugar, add yolks of eggs, add one-half cup milk and flour, and whites beaten stiff. Beat all together, then stir in the custard. Last add one teaspoon soda dissolved in a little warm water. Bake in two layer tins, in moderate oven about 45 minutes. When cool put together with Caramel filling.

FEATHER CAKE
(Mrs. Armstrong)

Cream three-fourths cup of **Cottolene** with one and one-half cups

of sugar. Add one cup of cold water alternately with three cups of flour sifted with one teaspoon of salt and three of baking powder (three times) and flavor with vanilla extract. Add stiff whites of six eggs, and bake in three layers, or use very little more flour and bake in a loaf, adding fruit or nuts if desired.

CREAM PUFFS
(Mrs. Lincoln)

One cup hot water; one-half teaspoon salt; one-third cup Cottolene; one and one-half cups pastry flour; four eggs.

Put on water, salt and Cottolene to boil; the instant it boils all over add the flour all at once; stir well until it cleaves from the pan; it will take about five minutes. Let the mixture cool, then add the eggs, one at a time, and beat each egg in thoroughly before adding another. When well mixed, drop in small tablespoonfuls, on a buttered baking pan, some distance apart to allow for spreading. Bake about thirty minutes in a hot oven until well risen, then decrease the heat and be careful to bake them until done. Split when cool and fill with cream.

Cream for Cream Puffs.—One pint milk boiled; two tablespoons cornstarch; three eggs, well beaten; three-fourths cup sugar; one-half teaspoon salt.

Wet the cornstarch in cold milk, and cook in the boiling milk, ten minutes, stirring thoroughly. Beat the eggs; add the sugar and salt; stir this into the thickened milk and cook a few minutes longer. When cool, flavor with a few drops of almond and one teaspoon vanilla.

FLORENTINES
(Mrs. Armstrong)

Make pastry with two cups of sifted flour, a little salt and a little more than half a cup of shortening (one part butter and two parts Cottolene). Chill after folding and then roll and cut into diamond shape. Bake in a hot oven after pricking well. Spread with a layer of preserves or jam and then cover with a thick meringue made of three whites of eggs beaten stiff and five tablespoons of sugar. Flavor with Burnett's almond extract, sprinkle with chopped almonds and brown slowly. Serve very cold. The same crust may be used for almond sticks and cheese straws.

OATMEAL CRISPS
(Mrs. Lincoln)

Melt one rounded tablespoon of Cottolene and one-half cup sugar in one-half cup hot milk, add one-half level teaspoon salt, one teaspoon lemon juice, one cup rolled oats (uncooked) and enough graham flour to make a soft dough. Drop from a teaspoon some distance apart, on a greased pan, shape with a wet knife and bake in moderate oven. Or, add more flour and roll thin, cutting as desired.

SOUR MILK GINGER CAKES
(Mrs. Lincoln)

Mix two and one-fourth cups sifted pastry flour, one level teaspoon soda, one-half level teaspoon salt, one level tablespoon ginger, and one cup sugar. Stir in one cup sour milk, one-half cup molasses and two tablespoons melted Cottolene (half that amount if the milk is creamy). Beat well, and bake in muffin tins.

COCOA TEA CAKES
(Mrs. Armstrong)

Cream a scant half cup of Cottolene and beat into it gradually one cup of sugar. Then beat in three eggs, singly, until the mixture is light and smooth. Add alternately one-half cup of milk and about a cup and two-thirds of flour sifted with two teaspoons of baking powder and a quarter of a cup of cocoa. Beat well and bake in a moderate oven either in muffin tins or a shallow pan. Nuts may be added, if desired.

GINGER SNAPS
(Miss Willis)

Half pint sugar, one-half pint molasses, one-half pint Cottolene, one gill cold water, one tablespoon ginger, one-half tablespoon cinnamon, one teaspoon soda, one teaspoon salt; three pints flour.

Beat the Cottolene in a warm mixing bowl until soft and creamy. Gradually beat the sugar and molasses into this, and then add the salt and spice. Dissolve the soda in the cold water and stir this in. Now gradually work in the flour, beating well. Put a small piece of the dough on a floured board and roll as thin as a wafer. Cut into round cakes and bake on a greased pan in rather a quick oven. If there be time, these cakes may be rolled thinner and with greater ease if the mixture be chilled before being rolled.

SOFT MOLASSES COOKIES
(Mrs. Lincoln)

Scald one cup molasses, pour it over one-fourth cup Cottolene, add one-half cup sugar, one-half level teaspoon salt, and one level tablespoon ginger, or a mixture of other spices if preferred. Dissolve one-half level teaspoon soda in one-fourth cup cold water, add to the cooled molasses, then stir in from three to four cups flour, making a soft dough to drop and spread in a pan, or a stiff dough to be rolled and cut. Bake in moderate oven.

SOFT FROSTING
(Mrs. Lincoln)

Stir one level teaspoon butter, one-fourth cup milk and one cup sugar till it boils, then boil without stirring five minutes. Remove, beat rapidly, add one teaspoon lemon juice and before it is very stiff pour it over the cake and smooth with a knife.

ORANGE ICING
(Miss Willis)

Separate an egg; drop the yolk into a bowl and beat until thick and light colored. Then add

strained juice of a small thin-skinned orange and the grated yellow rind. Beat in enough confectioner's sugar to make an icing stiff enough to spread. A tablespoon of lemon juice improves this icing.

MAPLE CREAM FILLING
(Miss Willis)

Three-fourths cup maple sugar and one level tablespoon Cottolene or two of butter, cooked until it spins a thread. Then pour gradually into stiffly beaten whites of two eggs. Beat until smooth and add half a cup of cream whipped to a stiff dry foam. Flavor with a few drops of vanilla.

CHOCOLATE FROSTING
(Mrs. Armstrong)

Shave three squares of chocolate and add one cup of sugar and one-fourth cup of milk. Cook this over hot water until thick, add two beaten egg yolks and cook until smooth; then remove and spread on cake.

CARAMEL NUT FILLING
(Miss Willis)

Three cups brown coffee sugar, one-half cup cream or condensed milk and one-fourth cup water, one tablespoon butter, one teaspoon vanilla. Boil all the ingredients except vanilla, about five minutes. Remove from the fire, add the flavoring and beat until it begins to thicken, add one-half cup or two-thirds cup nut meats and spread.

Dr. James Peige Emery, in an article in the "American Housekeeper" entitled "The Most Healthful of All Cooking Fats," says: "Cottolene, being essentially a vegetable product, forms the most healthful and nutritious cooking medium known to food experts and the medical profession."

Eggs

BOILED EGGS
(Mrs. Lincoln)

In a covered stew-pan have sufficient boiling water to more than cover the eggs. Drop them in when water boils, using a spoon to prevent cracking; when boiling begins again cover them, turn off the heat and let them stand—six to eight minutes for soft texture, and ten for medium, boil gently twenty minutes for hard. Fresh eggs are fuller, contain more albumen than when older, and take longer time for cooking. Eggs cooked six minutes in an uncovered pan with water bubbling gently all over, will have a firm but not hard texture to the white and the yolk will be like thick cream, not running over the white when cut.

FRIED EGGS
(Mrs. Lincoln)

Boil six eggs twenty minutes, and remove shells. Cook one-half cup of stale bread crumbs in one-half cup of milk, to a smooth paste;

mix with it one cup fine chopped tongue, ham or chicken; season with salt and pepper, add one raw egg and when well mixed take a portion, about one-sixth, and make it about half an inch thick, put an egg in center and work up the paste until the egg is covered. Roll in a slight coating of fine bread crumbs and fry about two minutes in hot deep **Cottolene.**

POACHED EGGS
(Mrs. Rorer)

Drop perfect eggs in a sufficient amount of boiling water to cover; do not allow them to boil; but let them steam until the white is jelly-like and the yolk entirely covered. Serve on toast.

SCRAMBLED EGGS
(Miss Willis)

Take a small piece of butter and a little cream, warm in a frying pan. Break six eggs in it and stir until slightly cooked. Serve hot. Or, scramble in **Cottolene.**

CREAM OMELET
(Mrs. Lincoln)

Allow from one to two tablespoons of thick cream for each egg. Beat till well mixed but not frothy; season lightly with salt and pepper, and cook in portions (not more than two eggs at a time) in hot omelet pan, greased slightly with **Cottolene** or butter. Draw the egg back toward the middle (tip the pan to help it to run there) as it thickens, and when all the egg is set, or does not flow when pan is tipped, turn one-half over and toss out on a hot dish. If other seasonings like minced ham, parsley, cheese, oysters, etc., are desired, add them just before folding.

OMELET WITH CHEESE
(Miss Willis)

Four eggs, one-half cup milk, one teaspoon flour, a little parsley, pepper and salt, one-half teaspoon grated cheese, one tablespoon **Cottolene.**

Beat the eggs very light and then add the other ingredients. Beat all well together and pour into a pan in which a large tablespoon of **Cottolene** is heated. Let it cook till light brown, then fold it over and dish for the table. Shake the pan while the omelet is cooking. Must be eaten the instant it is removed from the pan.

Fish and Shell Fish

Salt mackerel and other small salt fish should be broiled. Small pan fish and steaks of large white dry fish are good fried. Fresh salmon, mackerel and bluefish are oily fish and should not be fried. Boil oily fish if large—broil them if small. Cod, haddock, bluefish, small salmon, bass and shad may be stuffed and baked whole.

FRIED FISH
(Mrs. Lincoln)

Fry smelts, perch, trout, butter fish, herring and other small pan fish whole. Cut large fish in inch thick slices, and two or three inches square; flounders and bass, strip off the flesh each side of bone in long fillets, divide in halves and roll up toward tip. Remove skin and bones as much as possible from sliced fish; wipe dry, roll in bread crumbs or fine meal, then in beaten egg and then in crumbs and fry in deep **Cottolene**, hot enough to brown a bit of bread while you count sixty. Drain well before serving. Or, simply cover with seasoned meal and brown on each side in hot **Cottolene** in frying pan.

SALT CODFISH
(Mrs. Lincoln)

Cover with cold water and strip into bits; soak over night. Heat slowly and simmer ten minutes just off the boiling point. Drain and stir it into one cup white sauce (see page 41), add one beaten egg just before serving. Serve hot with baked potatoes. Or mix with an equal amount of boiled potatoes, add butter, salt and pepper, and drop from a tablespoon into hot **Cottolene** in spider; shape out flat and round as they cook and turn when one side is brown.

Large flakes of salt codfish, if not very dry, may be scorched on the coals, or broiled and served with butter. A tempting relish.

BROILED FISH
(Mrs. Lincoln)

The best method for mackerel, whitefish, small bluefish, and shad: Clean, wipe, split down back, lay in greased wire broiler (kept only for fish) and cook flesh side first, over hot coals till brown. For dry fish like halibut, cod, etc., spread with butter after they are warmed through, to help the browning. Turn the broiler and cook skin side till crisp. Slide out on a platter, season with salt, pepper, butter and lemon juice. To broil under gas, lay the broiler over a pan to catch the dripping fat, and keep this pan only for fish.

CREAMED FISH
(Mrs. Rorer)

Pick into flakes, sufficient cold cooked fish to make one pint. Rub together one rounding tablespoon of butter, and one of flour; add a half pint of milk, stir until boiling, add one tablespoon of salt, a saltspoon of black pepper and the fish. Heat and serve in a border of mashed potatoes.

BAKED FISH
(Miss Willis)

Have the fish drawn from the gills if possible. Stuff with following: Season a pint of soft bread crumbs with salt, pepper and onion juice to taste. Add a tablespoon chopped parsley and mix well, then moisten with crumbs with melted butter. About two tablespoons of fat salt pork

minced fine makes a richer dressing. Sew up the fish to retain stuffing and on the upper side lard the fish with bits of fat salt pork. Bake from thirty to forty minutes in good oven. A few chopped gherkins or pickles may be mixed with the stuffing, especially with bluefish.

FISH BALLS
(Miss Willis)

One pint of shredded salt fish, ten potatoes of medium size, one egg, one tablespoon of butter, one-quarter teaspoon of pepper; one-half teaspoon of salt, Cottolene for frying.

Have the salt codfish shredded rather fine and freed from bones. Pare the potatoes and put them in a large stewpan. Sprinkle the fish over the potatoes and cover with boiling water. Place on the fire and cook for just thirty minutes. Drain off every drop of the water and mash the fish and potatoes fine and light. Now add the butter, salt, pepper and egg, well beaten. Beat for three minutes; then shape into smooth balls about the size of a small egg. Put into the frying basket and fry about five minutes.

If it be inconvenient to use the frying basket the fish balls may be dropped into the hot fat and, when browned, be taken out with a fork. Be sure that the fat is hot enough, and do not crowd the fish balls. Six or eight will be enough to fry at one time.

FISH IN VENETIAN STYLE
(Mrs. Armstrong)

Almost any firm fish can be used for this dish, either cut into slices or split open and boned. Place the fish in a shallow baking pan and sprinkle with lemon juice, adding also salt and pepper. Have in readiness one-fourth cup each of celery and carrot and two tablespoons each of green pepper and parsley, with one of onion, all chopped together very fine. Simmer this for ten minutes with one-fourth cup of olive oil, then spread over the fish, cover closely with another pan and bake until fish is done, from twenty to thirty minutes.

FISH CUTLETS
(Mrs. Rorer)

Half pint milk, three teaspoons Cottolene, three even tablespoons flour, one egg yolk, one tablespoon parsley, chopped, one-quarter grated nutmeg, ten drops onion juice, two cups of cold boiled fish, seasoning.

Put the milk on to boil. Rub together the Cottolene and flour, then stir them into the boiling milk, stir and cook until a thick paste is formed, add the yolk of egg, parsley, onion juice, mix and add the boiled fish; mix again and add a palatable seasoning of salt and cayenne; turn out to cool. When cold form into cutlets or croquettes. Dip first in beaten egg, then in bread crumbs, and fry in very hot Cottolene. Drain on brown paper and serve very hot with cream sauce.

FRIED OYSTERS
(Mrs. Lincoln)

Use large oysters, parboil a moment to draw out some of the juice and prevent spattering during the frying. Lay them in seasoned bread crumbs, beaten egg, and again in bread crumbs and brown a few at a time, in deep smoking-hot **Cottolene.**

CREAMED OYSTERS
(Mrs. Lincoln)

Parboil one pint of solid oysters till edges curl. Drain and add to the liquor, milk or thin cream enough to make one and one-half cups. Melt two tablespoons butter or **Cottolene** in saucepan and cook in it for five minutes (without browning) one teaspoon minced onion, one tablespoon minced sweet pepper, green or red, and one tablespoon minced celery. Stir in two tablespoons flour and when blended add gradually the hot liquid, stir till smooth, add the oysters, cook a moment longer and serve in the pie. Or, if you prefer, you may invert the deep pan, lay the paste over, and fit it to the bottom and sides and bake it, baking also a portion cut to fit the pan for a cover, on another plate. When done, remove the baked crust (or shell), fill with oysters, cover with the cooked top, and serve in a deep table dish.

SCALLOPED OYSTERS
(Marion Harland)

Crush and roll several handfuls of Boston or other friable crackers. Put a layer in the bottom of a buttered pudding dish. Wet this with a mixture of the oyster liquor and milk, slightly warmed. Next have a layer of oysters. Sprinkle with salt and pepper, and lay small bits of **Cottolene** upon them. Then another layer of moistened crumbs, and so on until the dish is full. Let the top layer be of crumbs, thicker than the rest and beat an egg into the milk you pour over them. Stick bits of **Cottolene** thickly over it, cover the dish, set it in the oven, bake half an hour; if the dish be large, remove the cover, and brown by setting it upon the upper grating of oven, or by holding a hot shovel over it.

OYSTER CHOWDER
(Mrs. Lincoln)

Cook one minced onion in a level tablespoon **Cottolene** in saucepan till slightly colored; add one cup hot water and stir well; then strain this water into kettle, and add one pint of thin sliced potatoes. Cook till soft, about ten minutes. Add one pint of oysters and from one cup to one pint of white sauce (see page 41) and a few oyster crackers. When oysters are plump, serve.

OYSTER SHORTCAKE
(Miss Willis)

Make a good shortcake and bake on pie plates. Put a quart of oysters on a stove with a little water, half a cup of milk, two teaspoons of **Cottolene,** salt and pepper; thicken with a tablespoon of flour. When the cakes are baked, split and spread the oysters between and some on top.

DEVILED CRABS
(Mrs. Rorer)

Twelve nice heavy crabs, one-half pint cream, two tablespoons flour, one-quarter grated nutmeg, four egg yolks, boiled hard, one tablespoon each of salt, butter and chopped parsley, salt and cayenne to taste.

Put the crabs in warm water; add the salt and put the kettle over a brisk fire. Boil thirty minutes. Take up and drain; break off all claws; separate the shells; remove the spongy fingers and the stomach, which is found under the head. Pick out all the meat. Put the cream on to boil, rub butter and flour together and add to the boiling cream; stir and cook two minutes. Take from the fire, add the crab meat, the egg yolks mashed fine, parsley, nutmeg, salt and cayenne. Clear the upper shells of the crabs, fill them with the mixture, brush over with beaten egg, cover with bread crumbs and put in a quick oven to brown; or better, put them in a frying basket and plunge into hot Cottolene until a nice brown.

Meat, Poultry and Game

Exact recipes are not so helpful in learning about meat cookery, as they are in flour preparations. It is the principle involved in the different methods which one needs most to know; and this it seemed could be shown more clearly by grouping the meats, etc., by methods, rather than by giving separate recipes for every form of cooking each kind of meat.

In purchasing beef, select that with a moderate amount of cream-colored fat; avoid the dark, yellow fat; it bespeaks an old animal. The lean should be lightly mottled with fat, and the flesh should be firm and of a good, dark red color. Never wash beef; scrape the outside, if necessary, or it may be wiped with a damp cloth, but never put in water, nor put directly on the ice, but put in the lower part of the refrigerator or in a cool place. Never salt meat before it is cooked; wait until it is partly done.

All meats should be cooked quickly at first to retain the juices. Boiled meat should be put in boiling water, baked meat in a very hot oven, and panned or broiled meat in a hot pan; then they may be cooked more slowly after the outside is seared.

Of the most desirable methods of cooking beef, perhaps broiling or grilling is best, as it preserves the juices and develops the flavor. Roasted beef, that done before the fire, is excellent. It is said boiled meat is more easily digested than either baked or roasted meats, on account of the overheating of the fat in the oven. Baking, however,

develops the greatest flavor. Tender meats are best broiled, roasted or baked; the tough or so-called inferior pieces are best braised, boiled or stewed.

Do not buy cold storage poultry if possible to get it freshly killed. Game is one of the most expensive meats and the average family can indulge in it only occasionally. A general rule for cooking meat;—dark meats like beef and mutton, and some dark meated game, like wild ducks and grouse, should be cooked rare, but lamb, veal, pork, chicken, partridge, and some birds are cooked well done.

ROAST OF BEEF

(Mrs. Armstrong)

Select choice rib roast and remove small end of bone, to use as short ribs or for stock, leaving a standing roast. Score the edges of meat with a sharp knife and place on rack in open pan. Sear the meat well under gas flame. Reduce heat when meat is crisp, season well and finish cooking in upper oven, basting meat often with fat in the pan. Turn flame out ten minutes before roast is done and make a gravy with four tablespoons each of meat fat and flour and a pint of stock (or boiling water). Season well, add Kitchen Bouquet to color and flavor, and strain before serving. Meat cooked in this fashion is more like the roast prepared over an open fire, and no such flavor or juiciness can be obtained by baking in a wood or coal oven.

GRAVY FOR ROAST MEAT

(Mrs. Lincoln)

If the liquid in the pan is mostly fat, as in beef cooked without water, pour off all but two tablespoons of fat, stir in two tablespoons of dry flour and when well mixed and brown, add one pint of boiling water; add salt, and strain after cooking eight minutes or till smooth. Scrape all glaze from pan into gravy as it gives fine flavor. If the pan contains mostly water, as with roast pork or poultry, dip off some of the fat, which by tipping pan will be on top, and stir in flour-and-water batter, mixed smooth; let it boil ten minutes, season and strain before serving. If you have let the water cook nearly out and it looks curdled, add more water and stir well as it boils.

POT ROAST, BRAISED MEAT EN CASSEROLE

(Mrs. Lincoln)

Suitable for large lean pieces of beef from round or rump, for shoulder of veal or mutton whole or in portions, for fowl, liver or any meat that has tough fibre and needs slow, gentle, moist heat to soften it, and also the rich flavor given by intense heat. Wipe, trim, try out some of the fat in kettle (for veal, use half salt pork or the kidney suet), brown sliced onions in fat, dredge meat with flour, brown it all over in the fat, add one cup water, cover tightly, cook slowly four to six

hours, or till very tender. Replenish with half cup of water when needed, season and thicken it for gravy.

BAKED OR ROAST MEATS OR POULTRY

(Mrs. Lincoln)

Suitable for leg, loin, rib, or rump of beef, mutton, lamb or veal, and for poultry and game. Meat should have tender fibre, and if not, or if poultry be old, it is better to steam it a while first. Wipe, trim, rub with salt and flour. Sear the lean surface of meat in the hot baking pan over the fire to keep in juices. Put it skin side up in hot pan in hot oven, with fat trimmings beneath, without water. Watch carefully and when flour is brown, reduce the heat to about same as for bread. Use rack for level pieces if preferred, and for poultry; the ribs answer for rack in loin pieces.

Roast beef, if to be rare, needs no water. To meats needing long cooking, like pork, veal and poultry, add it when the fat and flour have begun to brown. Baste every ten minutes, less often for meat with thick fat on top, or for poultry covered with its own fat or greased paper. Do not let fat or flour burn. Add water as needed. Cook a six pound loin or rib from one to one and one-half hours, a ten pound rump two hours, a ten pound turkey three hours. A fillet of beef, and dark-meated game, should be rare, and are cooked without water, basted with fat pork or bacon laid on top. Cook twenty minutes to half an hour in very hot oven.

FRIED MEAT

(Mrs. Lincoln)

Small chops, cutlets of veal, portions of tripe, may be covered with bread crumbs, egg and crumbs, and cooked in hot deep **Cottolene,** reducing heat after the first plunge, so they will not be too brown when done, or cook them in a little of their own fat in spider.

BROILED STEAK

(Miss Willis)

Have your steak at least an inch and a half thick. Trim off the fat, leaving only a rim around the edge. Have the wire broiler greased well with suet and very hot. Lay the steak on and place exposed to a blaze that will quickly sear the surface without burning the fat. Then turn and sear the other side in the same manner. When this is done, turn again and broil about five minutes with slightly reduced heat. Then turn and broil five minutes on other side. Have a heated platter ready with about a tablespoon of melted butter; lay the steak on this, season with salt and pepper, and pour a little melted butter over the surface. Serve very hot. When properly broiled the interior of the steak is pink and juicy.

STEWED MEAT

(Mrs. Lincoln)

Use bones and trimmings from roasts, or the tough parts of steaks

and chops, the legs, neck and wings of poultry, or use any tough cheap portion of any kind of fresh meat, first browning some of the lean in the melted suet or fat of the meat with a sliced onion, to give the flavor of roast meat. Use onion and turnip cut small with all meats; celery or sweet pepper with poultry; parsnip with pork; parsley, rice and tomato with veal.

Cover bones and tough parts with cold water to make a rich broth, bring to boiling point quickly, skim to improve appearance, then add the lean or tender and browned meat to keep those portions rich in juice; simmer till bones are clean. Remove some of the fat and bones, add the vegetables, and twenty minutes before serving add sliced potatoes, first scalding them to prevent their bitter juice from giving the broth an unpleasant flavor. Thicken the water, season to taste, varying it for different meats. If desired, add ten minutes before serving, dumplings made with one pint flour, one-half level teaspoon salt, one rounded teaspoon baking powder, and moisten with milk to soft dough. Use no shortening if you wish them light; eggs are unnecessary. Drop the dough from a teaspoon into the boiling stew, letting them rest on meat or potato; or toss dough about till slightly floured, and cut with small cutter; keep covered tightly and cook just ten minutes.

BARBECUED HAM
(Miss Willis)

Have cold boiled ham sliced somewhat thicker than for a cold service. Spread both sides of each slice lightly with mixed or made mustard. Heat butter in the chafing dish, and put in slices of the ham; turn frequently until nicely browned, then pour over the slices two tablespoons of rather sharp cider or vinegar; let boil up and serve with apple rings, cooked in syrup of sugar and water until clear, but not broken.

HAM AND BACON
(Mrs. Lincoln)

Ham for broiling should be cut very thin, and bacon should not be more than one-fourth inch thick; better one-eighth. Cook in broiler, turning often. Or lay broiler over a pan and cook in oven. Or, cook bacon in a hot pan over the fire, turning often and serve when crisp. Drain well.

Fried ham is improved by slow cooking, first, in water in the spider for half an hour, then let water boil out and the ham cook till fat is browned.

FRIED VEAL
(Mrs. Lincoln)

Use slices from rump, or loin, or ribs; remove bones, tendons and skin, cover them with cold water and stew for the gravy. Cook veal fat in spider till brown and crisp; pound and shape meat into pieces for serving, brown it in the fat, then cook more slowly till done—with no trace of pink

color, for the veal should never be rare. Remove meat and crisp fat, add dry flour, brown it and reduce with the boiling water from the bones. Season with salt, pepper, and lemon if you like, and serve as gravy. If lean meat from leg, or some tough part, has been used, put it in stewpan when browned, and pour gravy over it and let it simmer for half an hour.

STUFFED LEG OF LAMB

(Mrs. Armstrong)

Prepare a dressing by moistening two cups of bread crumbs (from inside of the loaf) with one-half cup of melted butter. Season with salt, pepper and thyme, or sweet marjoram, with a little onion, if desired. Add a very little water and place in the meat, skewering the ends into shape. Have oven very hot and place meat in pan, adding no seasoning until the surface is seared over. Then reduce the gas flame, dredge meat lightly with flour and the seasonings and baste the meat every ten or fifteen minutes (unless a covered roasting pan is used), and roast about an hour and a half, if weighing five pounds. Serve with a brown sauce made from four tablespoons of flour and the drippings in the pan, with a pint of stock made by cooking the bones in water very slowly until it is well flavored.

SAUSAGE

(Mrs. Lincoln)

Cook roll sausage whole in pan in the oven, dredge with flour and baste often. Cook two pound roll two hours. Serve hot or cold. Sausage cakes or links, cook in pan in the oven.

BEEF LOAF

(Miss Willis)

Four pounds lean beef chopped fine; one-half pound uncooked ham also chopped fine, one-half cup stale bread crumbs, one teaspoon salt, one teaspoon onion juice, one-half teaspoon pepper, one-half teaspoon allspice, one-half teaspoon cloves, grating of nutmeg and one tablespoon chopped parsley. Mix thoroughly and place in bread pan or mold and bake in a quick oven about one and one-half hours, keeping it covered until nearly done. Add two beaten eggs to the mixture to bind it together.

BEEF PIE WITH POTATO CRUST

(Miss Willis)

Boil five large potatoes in salted water. When done slice a layer into a buttered baking dish, then put in a layer of cold roast or boiled beef or mutton, season with salt, pepper and celery salt, add a little stewed or raw tomato if you have any left over. Then add another layer of potatoes, meat, etc., until dish is full. Reserve enough potato to make a cupful when mashed. To these add one tablespoon Cottolene, and when cool, one well beaten egg and whip until light. Then work in enough flour—from one-half to one cup—mixed with one-half teaspoon salt and one

teaspoon baking powder to make a crust that will roll out into a thin sheet. Make a gravy from scraps of meat and bones and any left over gravy and pour into the dish. Cut slit in top of the crust for the escape of steam, and bake in a quick oven about thirty minutes. Add a little onion to pie if you wish.

CALF'S LIVER WITH CREAM GRAVY

(Mrs. Lincoln)

Slice the liver one-third inch thick, scald and strip off the skin on edges, or snip it several times to prevent slices from curling. Drain and cook till brown in hot **Cottolene**, being careful not to burn it. Put the liver in a stew-pan, and cook two sliced onions in more **Cottolene** till yellow; add to the liver, pour in cream to cover, and simmer ten minutes, closely covered. Add salt and pepper to taste.

NEW ENGLAND BOILED DINNER

(Miss Willis)

Remove the bone from a compact cut of the round of corned beef weighing about eight pounds, and tie the meat as closely as possible; put it in a deep pot, cover it with cold water, add a teaspoon of salt and half a saltspoon of pepper; let it boil quickly, removing all scum; when no more scum rises, put with it the following vegetables, peeled and cut in slices two inches thick. Two carrots, four beets, four white turnips, and one yellow turnip, six small onions peeled so that they will remain unbroken, and a large head of celery cut in two-inch lengths. Place the pot where its contents will simmer slowly for two hours. A glass of wine or any table sauce preferred, may be added before the dish is finished. To serve it, put the meat in the middle of a platter, arrange the vegetables around it, and pour a little of the gravy over it. More of the gravy should be served in a small boat, with a dish of boiled potatoes. The united flavor of the meat and vegetables characterizes the dish. The beets may be boiled separately, without breaking the skin, if they are so preferred.

MEAT PIES

(Miss Willis)

For the crust

One pint flour, four tablespoons **Cottolene**, one teaspoon salt, one tablespoon sugar, two teaspoons baking powder, one generous gill water.

Mix and roll the same as for pie crust, except that this crust is to be rolled only twice instead of four times.

For the rest of the pie

Take three pints of any kind of cold cooked meat, one quart water or stock (the water in which the bones have been boiled), two tablespoons butter, one tablespoon minced onion, one tablespoon minced carrot, three tablespoons flour, two teaspoons salt, and one-third teaspoon pepper.

Cook the butter, carrot and onion together for ten minutes, take the vegetables from the butter and put them in a stewpan with the meat. Into the butter remaining in the pan put one tablespoon of the flour, and stir until smooth and frothy. Gradually add the stock or water to this, stirring all the time. Cook for five minutes, then pour upon the meat, and set the stewpan on the fire. Mix the remaining two tablespoons of flour with half a gill of cold water and stir into the pan containing the meat and gravy. Add the salt and pepper, and cook for fifteen minutes; then proceed as for chicken pie.

BOILED OR STEAMED TURKEY OR FOWL

(Mrs. Lincoln)

Clean; rub well with pepper and lemon juice, and stuff with oysters or bread stuffing. It is better without the stuffing, as the oysters are usually overdone, and the same flavor may be obtained from an oyster sauce served with the turkey. Truss the legs and wings close to the body; pin the fowl in a cloth to keep it whiter and preserve the shape. Put into boiling salted water. Allow twenty minutes to the pound. Cook slowly till tender, but not long enough for it to fall apart. Turkeys are much nicer steamed than boiled. Serve with oyster, celery or lemon sauce. Garnish with a border of boiled rice or macaroni, and pour part of the sauce over the fowl.

Fowls are sometimes stuffed with boiled celery, cut into pieces an inch long; or with macaroni which has been boiled and seasoned with salt and pepper.

GRAVY FOR ROAST POULTRY AND GAME

(Mrs. Lincoln)

Put the giblets, or neck, liver, gizzard and heart, on to boil in one quart of water and boil till tender, and the water reduced to one pint. Mash the liver, and if desired, chop the gizzard, heart and meat from the neck. Pour off the clear fat from the dripping-pan, and put the settlings into a saucepan, rinse out the pan with the water in which the giblets were boiled, and pour this water into the saucepan and put on to boil. Put three or four tablespoons of the fat into a small frying pan, add enough dry flour to absorb all the fat, and when brown add the giblet liquid gradually, and stir till it thickens. Season with salt and pepper. If not smooth, strain it, pour half of it into the gravy boat, and add the chopped giblets to the remaining half, and serve separately, as all may not care for the giblet gravy.

PRESSED CHICKEN

(Miss Willis)

Cut up the chicken as for fricassee, wash carefully, cover with boiling water, and let boil five minutes, and then place where it will simmer until meat is very tender; remove the meat from the bones and put it into a bread pan or plain

mold, the light and dark meat in alternate layers. Return the bones to the broth with the gristle but not the skin, and let simmer until broth is reduced to about a cupful. A few slices of carrot and onion, a stalk or root of celery and leaves of parsley, bay or sweet majoram or savory may be cooked in the broth, then strained out. Season with salt and pepper, allowing for meat as well as broth; pour the broth over the meat, let it stand a short time to settle down through the meat, then cover meat with a board bearing a weight and let stand in a cold place over night. If meat is cut in dice it makes a prettier mold. The mold may be lined with sliced, hard-boiled eggs, and olives, if you want a "company" dish.

BROILED CHICKEN

(Mrs. Armstrong)

Prepare young chickens for broiling and spread lightly with soft butter mixed with salt, pepper and a little lemon juice. Cook slowly for twenty minutes, basting and turning once, then increase the heat and brown well. Place on hot platter, spread with soft butter, paprika and minced parsley and serve. If chicken be large it is well to do the last part of the cooking in the upper oven.

Entrées and Meats Réchauffé

Frying—Immersing food in an ample quantity of fat so hot that the instant the food is in it the outer surface is crisped, its absorbent properties destroyed, its juices and flavors all retained, and it is thoroughly cooked, while its outer surface is brown and dry, is what is truly meant by "frying," and the product of this mode of frying is something delicious to the epicure and wholesome for those who live plainly.

For frying, therefore, *you must have your* **Cottolene** *very hot before the food is put in.* Always test before you begin to cook your food. Neither must you put too much food in at one time, or the **Cottolene** will cool and your frying will be retarded and injured in quality. Put it on in a cold pan and allow it to heat gradually; it will not sputter nor smoke and reaches a cooking temperature quicker than lard. Drop into the **Cottolene** a piece of bread; if it browns in half a minute it is ready for use. It is unequaled for frying doughnuts, fritters, vegetables, fish, oysters and croquettes; test by dropping in a piece of dough. If it rises at once the fat is hot enough. Follow the directions about having it very hot, and your food will come out dry, crisp, brown and delicate—no grease, no odor and no dyspepsia.

SCALLOPED MEAT, FISH, OYSTERS, ETC.

(Mrs. Lincoln)

Allow one cup of sauce, one cup cracker crumbs moistened in one-fourth cup Cottolene, for two cups of meat or fish or any of the mixtures given below. Line the deep baking dish with one-fourth of the crumbs, add a layer of mixture, a layer of sauce, one-fourth of crumbs, another layer of each and cover with the remaining half of the crumbs. Bake till crumbs are brown. Oysters may be used alone, with their juice and the crumbs. Some of the favorite combinations are as follows:

Mutton: Oysters, macaroni, and white or tomato sauce.

Chicken: Rice, oysters or celery, and white sauce.

Beef: Onions, diced potatoes and brown gravy or sauce.

Veal: Stuffing, rice, turnip and tomato sauce.

Ham: Mustard, hard eggs, white sauce.

Fish: Onions, pickles, tomato sauce.

Oysters: Celery, bacon and white sauce.

(See pages 41 to 43 for sauces)

In this, as in all warmed-over dishes of meat or fish, discard anything uneatable, and cut meat in half-inch bits; if very tough stew it first, for the oven cooking will not always make it tender.

SPANISH HASH

(Miss Willis)

Chop together four cold potatoes, two small onions and one green pepper; then add one cup cold roast meat (any kind) and one cup canned tomatoes. Season with pepper and salt and three drops of tabasco sauce; add one egg well beaten. Drop mixture by spoonful into muffin pans. Bake in hot oven and serve with tomato sauce.

CROQUETTES

(Mrs. Lincoln)

Chop fine any kind of cooked meat or fish. If short of material, add mashed potatoes, or rice, to beef, mutton or fish; and to chicken, fish, oysters, or veal, add soft bread crumbs, or rice. Moisten light meats with thick white sauce (see page 42), equal amount, and dark meats with tomato (see page 43), or brown sauce (see page 42), made quite thick. Season with salt and pepper and onion juice if liked. When very cold, shape the mixture into balls or cylinders; roll first in sifted bread crumbs, then beaten egg diluted with one tablespoon milk, then crumbs again. Fry one minute in deep Cottolene, hot enough to brown a bit of bread while you count forty. Use a basket, and cook only four at a time. Drain on paper, and be sure that the fat is hot for each frying. Serve plain, or with sauce like that in the mixture, only thinner.

MACARONI CROQUETTES
(Miss Willis)

Break one-fourth pound macaroni into one-half inch pieces and boil rapidly in plenty of boiling salted water for about twenty-five minutes or until tender, then throw into cold water for five minutes to blanch. Scald one cup milk in double boiler. Rub together two tablespoons Cottolene and four of flour and add to the milk and stir until it thickens. Add the yolk of one egg; stir a minute and then remove from the fire and add one tablespoon Parmesan cheese, salt and cayenne to taste. Mix and let get perfectly cold. Then form into croquettes, cylinder shape, dip in beaten egg and bread crumbs and fry in deep hot Cottolene until a nice brown.

CHICKEN CROQUETTES
(Mrs. Armstrong)

Make a sauce with four tablespoons of butter, six of flour and one cup milk, season with salt, pepper, parsley and lemon juice. Add one pint cut chicken, spread on platter to cool. When cool, shape into cutlets or croquettes, roll in bread crumbs, beaten eggs and crumbs again and fry in hot fat, preferably Cottolene. Serve with Bechamel or mushroom sauce or French peas.

Mushroom sauce is made by adding one tablespoon of lemon juice to one cup cream sauce and one-half cup cooked mushrooms cut in pieces, or brown sauce may be used instead of white.

Bechamel sauce is made like white sauce, with clear stock and cream instead of milk, and is highly seasoned. One whole egg or two beaten yolks are added just before serving.

RICE CROQUETTES
(Mrs. Lincoln)

Season hot boiled rice, cooked very soft, with salt, pepper, butter and grated cheese; and to one pint of rice, add yolks two eggs well beaten. Mix well and shape when cool in balls or ovals. Crumb-egg-and-crumb, and fry as usual.

Sauces for Meats, Fish and Vegetables

The juices that flow from rare cooked meats are the best sauce for them; but do not try to make them go farther by pouring hot water over the meat as it is carved. A steak cooked to a turn needs only salt; it may have butter if it has but little fat; lamb chops need only salt, but many like to add a little lemon juice, or minced parsley, or tomato sauce, to both meats, and also to many other broiled meats, like chicken, tripe, etc. Apple sauce should be served with pork, duck and goose; cranberry sauce seems to belong to turkey and roast

chicken. Oily fish broiled needs but little butter, but salt and lemon juice may be used generously. White fish, like halibut, cod, etc., needs rich white sauce flavored with egg, lemon and onion.

There is a common philosophy in making sauces. Remember that two level tablespoons of butter or Cottolene mixed with two level tablespoons of flour will thicken each half pint of liquid.

For a white sauce rub the fat and flour together and add a half pint of milk; stir until boiling.

For a tomato sauce rub the fat and flour together and add a half pint of nicely seasoned strained tomatoes.

For a brown sauce, use half a pint of stock.

For English drawn butter, rub the fat and flour together and add a half pint of boiling water; stir until boiling, then add a seasoning of salt and pepper and stir in, at last, an extra tablespoon of butter.

The seasonings, of course, will vary, but each sauce will require a saltspoon of pepper and half teaspoon of salt. By remembering the proportions one may make a dozen sauces in a very few minutes and have them all smooth and palatable.

WHITE SAUCE

For White Meats, and Soups, Fish, Vegetables, Eggs, Toast, or Puddings

(Mrs. Lincoln)

In a granite saucepan, melt and mix one rounded tablespoon each of butter or Cottolene and flour, and from one-fourth to one-half level teaspoon salt. Add gradually one cup of hot water, or milk, or cream, or stock from oysters, whitefish, or meats. Stir till smooth.

For Toast

Nothing more is needed, but dip toast in hot milk if liked soft.

For Meat and Fish

Add lemon juice, cayenne, capers, bits of oysters, lobsters, or cooked celery, and a few drops of onion juice; or cook one rounded teaspoon minced onion, or celery, or green pepper, or bit of bay leaf, in the butter before adding flour.

For Vegetables

Add pepper, or minced sweet pepper, or parsley, and to cauliflower, and a few others, add grated cheese, or lemon juice.

For White Soups

Add a bit of bay leaf, one-fourth teaspoon mixed whole spice or parsley, one rounded tablespoon onion, or sweet pepper, or grated carrot.

For Picked-up Codfish or Chipped Beef

Make the plain white sauce (above) with milk, and add one beaten egg just before serving.

FOR RICH WHITE SAUCE

(Mrs. Lincoln)

Use cream or rich white stock (make as per white sauce) and just before serving stir in one beaten egg yolk, or two hard boiled eggs chopped or sifted.

FOR THICK WHITE SAUCE, CROQUETTES, ETC.

(Mrs. Lincoln)

Make as for white sauce, but double the flour; or use cream with one level tablespoon butter, and one heaped tablespoon cornstarch.

FOR PUDDING SAUCE

(Mrs. Lincoln)

Make white sauce (see page 41) using one and one-half cups of hot water, add when smooth one and one-half cups of brown, or maple, or granulated sugar; flavor with one tablespoon lemon juice, or vinegar, or wine, or a little spice, and just before serving stir in another rounded tablespoon of butter and yolk of one egg, if you wish it richer.

BROWN SAUCE

(Mrs. Lincoln)

We call this brown gravy when made in the roasting pan from the fat or dripping of meat with simple seasoning of salt and pepper; and brown sauce when we make it in a frying pan with butter and brown stock, and season highly. But the principle is the same, and the way to avoid the pale, greasy, or curdled mixture so often served, is to use the right proportions of flour and fat and cook them till well browned before adding the liquid. You cannot brown flour and water, until most of the water is boiled out, but you can brown flour and fat very quickly; and flour will only absorb about its bulk of fat.

For gravy, make it as directed under Roast Meat.

For special dishes, when the baking pan has not furnished the starting point of glaze and browned fat, melt in an iron pan one rounded tablespoon of butter, or **Cottolene**, or any fat of meat you are preparing; let it brown, add one rounded tablespoon flour or cornstarch, stir till very brown (it will be lighter when wet), add gradually one cup of hot stock (that made from stewing trimmings of meat you are cooking will answer, instead of using nice cleared stock prepared for soup). Add more hot water if too thick, boil down if too thin; season with salt, pepper and lemon juice, and add mushrooms, catsup, horseradish, currant jelly, or any other condiment which will blend with the meat. The main points are to have it brown, smooth, free from grease, and savory.

HORSERADISH SAUCE

(Mrs. Rorer)

Put a half pint of milk or cream in a double boiler. Rub together a tablespoon of **Cottolene** and an even tablespoon of flour; then stir them into the boiling milk, add one ounce of young horseradish, finely grated, a half teaspoon of salt and a half teaspoon of sugar. This is exceedingly nice to serve with boiled, fresh or salt meat.

PARSLEY BUTTER

(Miss Willis)

Beat three tablespoons butter or two of **Cottolene** to a cream, then add one tablespoon lemon juice, one tablespoon minced parsley,

one-half teaspoon salt. Beat all the ingredients into the butter and it is ready to use. If intended for potato balls, use less lemon juice.

TOMATO SAUCE
(Mrs. Lincoln)
For Chops, Fish, Macaroni, etc.

Cook one rounded tablespoon minced onion in one tablespoon Cottolene till only slightly colored; add, if liked, the same amount of minced sweet pepper, celery or parsley, carrot or turnip; stir in one rounded tablespoon flour, and one-fourth level teaspoon salt; add gradually from one to one and one-half cups strained hot tomato, or any left-over stewed tomato if unsweetened. Strain before serving, if desired smooth. This is especially suitable for veal chops, fish, macaroni and many dishes of left-overs.

Mrs. Helen Armstrong, Teacher of Cookery, says: "Having used Cottolene constantly for over five years, both as shortening and for frying purposes, I feel no hesitancy in recommending it as a very superior article. It is not only much more wholesome than lard, but produces more palatable results."

Vegetables

Meats carefully cooked are, no doubt, more easily digested than some vegetables, but, on the other hand, vegetables are clean and wholesome. Vegetable foods are concentrated and slow of digestion; hence, the vegetarian eats but two meals a day, and on these two meals, if his diet is well selected, he receives more nourishment than the meat eater from his three meals a day. In selecting a vegetarian diet, choose nitrogenous vegetables to take the place of meat; with a meat diet select green and starchy vegetables to fill in the vacancies of a nitrogenous diet. With beef we serve potatoes. With poultry, rice, or (in chestnut season) boiled chestnuts or macaroni, or hominy or white bread.

All green vegetables are put on to cook in boiling water. Add salt to the water in which green or top ground vegetables are cooked; white or underground vegetables are better when the salt is added after the cooking. Wash rice through one or two waters before boiling.

Soak dried fruits over night.

Cabbage, cauliflower, onions and turnips, vegetables containing volatile oil, must be boiled rapidly in an uncovered vessel, or they will emit unpleasant odors.

Medium sized onions should be boiled in salt water one hour.

Green corn in salted water five minutes.

Peas in salted water twenty minutes.

Asparagus in salted water thirty minutes.

Whole head of cabbage in salted water one and a half hours.

Chopped cabbage in salted water twenty minutes.

Cauliflower in salted water thirty minutes.

Carrots, turnips and the roots of plants in unsalted water one hour. If they are cut in dice, twenty minutes.

Young lima beans in salted water forty minutes.

Young beets in unsalted water thirty minutes. Old beets two to three hours.

Potatoes in unsalted water until you can pierce them with a fork.

Spinach and greens in unsalted water fifteen to twenty minutes.

BAKED POTATOES

(Mrs. Lincoln)

Wash, scrub and trim, cook in hot oven, about forty minutes, or till soft when pressed.

No. 2. Pare and bake about one hour with meat, basting with the dripping.

No. 3. Pare, slice thin and arrange in deep dish, with layers of cheese, or minced celery, or clams, or shredded fish or meat; season with salt, pepper, or minced sweet pepper, or parsley; dot with bits of Cottolene or butter, or crisp fried bacon, salt pork or veal suet, and moisten with milk, or stock, or thin white sauce, or layers of sliced or stewed tomatoes to cover. Add a crust of buttered cracker crumbs, if you wish, and bake slowly two or three hours. If baked without the crust, stir them up from bottom twice during baking.

WARMED-OVER POTATOES

(Mrs. Lincoln)

No. 1. Slice thick or thin, and brown on each side in hot Cottolene, salt and serve.

No. 2. Cook minced onion, celery, or sweet pepper, in butter till yellow, add potatoes cut small, and toss about till hot, add a little milk or stock to moisten, and salt and pepper to taste. Vary it by browning it slightly, or adding minced parsley, or grated cheese.

FRIED POTATOES

(Mrs. Lincoln)

Pare, shave in very thin slices, or cut in straws, or half inch strips, or dice, or tiny balls, or crescents. Soak in cold water, drain dry on napkin and cook a few at a time in basket in deep, hot Cottolene. Drain and season with salt.

RAW POTATO HASH

(Mrs. Lincoln)

Chop one pint of pared potatoes till in quarter inch bits. Soak five minutes and drain; put into the frying pan enough Cottolene to grease the bottom, add potatoes, one tablespoon vinegar, or stock, or corn beef liquor, one-half teaspoon salt and dash of pepper, cover tightly and cook very slowly, on back of stove, till tender, from fifteen to twenty-five minutes. Bring forward, let it brown till crisp underneath, fold over and turn out. Cook chopped onion, or sweet pepper, or celery, with it to give variety.

SUGARED SWEET POTATOES
(Mrs. Lincoln)

Cook in boiling water, peel, slice lengthwise and put in baking dish with sprinkling of sugar, cinnamon, salt, and bits of butter; add water to half cover, and bake till brown, basting often.

POTATOES AU GRATIN
(Miss Willis)

Have ready one pint of cold boiled potatoes cut into dice. Make a cream sauce with two level tablespoons butter, two level tablespoons flour, and one cup milk. Season with one-half teaspoon salt, and dash of pepper. Add one-half to three-fourths cup of rich, yellow cheese shaved fine, and stir over hot water until cheese is dissolved. Put alternate layers of the sauce and potatoes in a baking dish and cover the top layer of sauce with buttered bread crumbs. Brown in quick oven.

SARATOGA POTATOES
(Miss Willis)

Peel and slice thin into cold water Drain well, and dry in a towel. Fry a few at a time in hot **Cottolene.** Salt as you take them out, and lay them on coarse brown paper for a short time. They are very nice cold for lunch, or to take to picnics.

POTATOES à la MAÎTRE D'HÔTEL
(Miss Willis)

Boil one pint of potato balls, cut with a vegetable cutter. Boil in salted water about ten minutes, drain and pour over them one-half pint hot milk, and, when the milk is partly absorbed, stir in quickly one egg yolk, beaten to a cream, with two tablespoons of butter, one tablespoon lemon juice, one tablespoon minced parsley, one-half teaspoon salt and pinch of paprika. Serve as soon as the sauce thickens.

TOMATOES, BROILED
(Mrs. Lincoln)

Wipe, scald, peel, cut in halves, lay on a wire broiler, and when hot add a bit of butter, pepper and salt and serve when brown, or sprinkle with buttered crumbs before broiling

TOMATOES, BAKED
(Mrs. Lincoln)

Cut in halves, lay them in buttered pan, dust with buttered crumbs, and bake till brown.

TOMATOES, STEWED
(Mrs Lincoln)

Peel, cut small, cook quickly, chopping as they cook; when soft and no distinct bits of pulp visible, add one-fourth cup sugar, (unless preferred not sweet) two tablespoons butter, one-half teaspoon salt, and one-eighth teaspoon pepper Add also a slice of onion, or green pepper, if liked. Cook five minutes longer and serve hot.

GREEN PEAS
(Mrs. Lincoln)

Shell, rinse quickly, cook in small amount of boiling water, letting it nearly boil out before serving; season as for beans, or with white sauce. (See page 41.)

Canned Peas. Turn into strainer, rinse in several waters to remove can water, heat quickly in saucepan, season as for fresh peas.

STRING BEANS
(Mrs. Lincoln)

Use fresh, tender, yellow or green beans. Remove strings and ends, cut in slanting slivers; to one pint of beans, put into a stew-pan one level tablespoon butter, one-half level teaspoon salt, a dash of nutmeg, and pepper; add beans, lifting them from the pan with only the water that clings to them; cover tightly, and cook very, very slowly, about one hour, or till tender. Their own juice, with just heat enough to turn it into steam, will cook them; but, if cooked too fast, and they begin to sizzle, add one or two tablespoons of water. Turn out when tender with no further seasoning.

GREEN OR SHELLED BEANS
(Mrs. Lincoln)

Shell, wash, cook in boiling water five minutes, pour off, adding first, to the strong varieties that turn dark in cooking, one-fourth teaspoon soda; rinse, add more boiling water, and cook until soft, adding water as needed to have enough left to moisten well. Mash a few and season with salt, a bit of sugar, pepper and one tablespoon butter, and stir this into the water, boil for a moment and serve.

No. 2. Add to the cooked beans an equal amount of raw or boiled sweet corn scraped from cob, season in proportion, cook five minutes, and serve as succotash.

Dried Lima or other Beans: Soak twelve hours in cold water; slip off the skin if it comes off easily, then cook the same as fresh beans till tender, and season.

BAKED BEANS
(Mrs. Lincoln)

The noon before, pick over and soak one quart of pea beans (small white) in cold water. Next morning add fresh water and let them simmer (not boil) till slightly soft but not broken. Skim them out into an earthen pot having bulging sides, a narrow top and a cover. Cut one onion in quarters, and put portions of it in with the beans. Cut rind of one pound of fat salt pork (with a streak of lean) down for one inch—and, a half inch apart, imbed it with the beans, leaving the rind up. Mix one level teaspoon each of mustard, salt and brown sugar, and two tablespoons of molasses, fill the cup with boiling water, pour it over the beans, add enough more to fill the pot. Bake slowly six to eight or ten hours. As water boils out add more, then when out again, let the beans cook until you hear them sizzle; this will indicate that water is low, and the fat is beginning to cook on the edge of the pot. Let it do so for a while, for this gives a rich color and flavor, better than that obtained by an excess of molasses, and

hardens the beans slightly, so they will not be mushy, although soft. Then lift the pork up on top and add water just to show above the beans, and keep it so during the remainder of the baking.

These specific directions are for the benefit of persons outside of New England, who seldom find or prepare beans as they are served in that land where they have an honored place on many tables. If you do not care to use pork, use Cottolene — one-half cup, or fat corned beef.

When warming them over, melt some of the pork in a small pan, add the beans and let them cook, without stirring, till warm or slightly browned; or brown them in Cottolene. These are more palatable than when warmed in water, unless you wish to make bean puree or soup. This we learn from the Mexican way of cooking beans.

GREENS, SPINACH, ETC.

(Mrs. Lincoln)

Pick over, trim, wash in five waters, drain, put into kettle with water that drips from them; cook slowly at first till juice is drawn out; then quickly till tender; drain, rinse if you dislike the strong flavor, chop, reheat, season with butter, salt and pepper; add cream if you like, or serve with lemon or vinegar. If for a course, garnish with hard boiled eggs; or serve cold as a salad.

RED CABBAGE, ONIONS, SUMMER CARROTS

(Mrs. Lincoln)

Cut either of these vegetables into slivers and cook the same as string beans using a bit of onion in place of nutmeg with the red cabbage, and adding one teaspoon vinegar just before serving. To the carrots, add one-half teaspoon sugar, and one teaspoon lemon juice; and to the onion, add a little milk or cream.

BEETS

(Mrs. Lincoln)

Wash with care not to break skin and make them bleed. Cook in boiling water till tender, about one hour. Plunge into cold water and rub off skins. Chop coarsely, heat again, season with butter, salt and pepper; or slice thin and cover with vinegar. Butter will not blend easily with beets unless they are chopped. Winter beets require three hours' cooking.

PARSNIPS

(Mrs. Lincoln)

Scrub, scrape or pare, divide lengthwise in quarters, cut off from the sharp edge all the woody fibre which runs through the center; slice in half-inch bits, and cook quickly in boiling water, about fifteen minutes or till soft. Drain, mash with a four-pronged fork to break up all the fibre; add salt, pepper and butter and serve plain; or shape in flat cakes, flour slightly, and brown in a little hot Cottolene. By removing the pithy center the parsnips are more easily digested.

TURNIPS
(Mrs. Lincoln)

Slice half inch thick, pare, cut again in cubes, cook in boiling water till soft, drain, serve in white sauce (see page 41), or mash and season generously with salt, and with butter and pepper.

CREAMED CABBAGE
(Mrs. Rorer)

Chop sufficient cabbage to make two quarts. Cover it with cold water, soak one hour, drain, cover with boiling water, add a teaspoon of salt, boil in an uncovered saucepan twenty minutes, drain again. Rub together one tablespoon of butter and one of flour, add a half pint of milk, stir until boiling, add a teaspoon of salt, a saltspoon of pepper; add the cabbage, heat carefully and serve. Excellent.

CAULIFLOWER AU GRATIN
(Mrs. Rorer)

Trim off the outside leaves of a nice, fresh cauliflower, tie it up in a piece of cheese cloth, and put it into well-salted boiling water; boil for twenty or thirty minutes. Be careful to take it out as soon as tender, or it will fall into pieces. Drain and separate the head into the little flowerets. Put in baking dish, pour over cream sauce, sprinkle thickly with grated cheese and brown in a quick oven.

ASPARAGUS
(Mrs. Lincoln)

Wash, trim off tough ends, tie in bundle, cook in boiling slightly salted water, twenty minutes or till tender. Moisten toast with the water, spread with butter, lay a few stalks on each slice, add butter and salt and serve hot as a course; or as the main part of a meal when you do not wish meat.

No. 2. Cook only about three inches of the tip and serve cold as a salad. Cut the remainder into inch bits, boil, mash, sift and use for cream soup.

Celery (the outer stalks divided once), cucumbers (pared and quartered lengthwise), leeks (free from tips and rootlets) may each be cooked, seasoned and served in the same way as asparagus.

Soup

For the family in moderate circumstances, or the woman who does all the work of the house, it is unwise to have soup every day, for it makes unnecessary labor in changing for so many courses, and compels some one to look out that the next course is served hot. Better utilize the usual soup material in a stew, or some kind of made-over dish, which may serve as the chief dish of the meal. When dinner is served at noon, broths and soups may be served at the supper, giving the warmth and stimulation often desired but too often supplied by a second or

third meal of hearty meat. They are equally good for breakfast, especially for children who do not usually take the liquid food needed then, which others have in coffee, etc.

VEGETABLE CREAM SOUPS
(Mrs. Lincoln)

Prepare the vegetable; cook potatoes, cauliflower or artichokes in boiling water and discard water; cook others in cold water, let it cook nearly all out; mash, press through sieve, add white sauce (one cup to each pint of pulp and water for most fresh green vegetables, also for canned vegetables; and one pint of sauce for each pint of pulp from spinach, tomatoes and other succulent vegetables). Season with salt and pepper; dilute with hot milk if too thick; add beaten egg, or more pulp if too thin. Serve with toasted crackers.

CREAM OF CELERY SOUP
(Miss Willis)

One quart chicken or veal broth, one quart milk, one-half cup rice, one teaspoon salt, one head celery, seasoning.

Use for this soup a quart of chicken or veal broth and about a quart of milk; pick over and wash the rice, rinse it well in cold water, and put it in a thick saucepan over the fire, with a pint of milk and a teaspoon of salt; wash a head of celery and grate the white stalks, letting the grated celery fall into milk enough to cover it, put the grated celery with the rice, and gently simmer them together until the rice is tender enough to rub through a sieve with a potato masher, adding more milk if the rice absorbs what has first been put with it. After the rice has been rubbed through the sieve, return it to the saucepan, place it again over the fire, and gradually stir with it the quart of stock or broth; if this quantity of stock does not dilute the soup to a creamy consistency, add a little milk; let the soup get scalding hot, season it palatably with salt, white pepper, and a very little grated nutmeg, and serve at once.

CREAM OF TOMATO SOUP
(Mrs. Rorer)

One quart milk, one pint canned tomatoes, or one pint stewed tomatoes, three teaspoons Cottolene, one bay leaf, sprig of parsley, blade of mace, one teaspoon sugar, one-quarter teaspoon baking soda, two tablespoons flour.

Put the tomatoes on to stew with the bay leaf, parsley and mace; let them stew fifteen minutes. Put the milk on to boil in a farina boiler. Rub Cottolene and flour together; add to the milk when boiling, and stir constantly until it thickens. Now press the tomatoes through a sieve, and if ready to use the soup, add the sugar and soda to the tomatoes, and then the boiling milk. Stir and serve at once. It must not go on the fire after mixing the milk with the tomatoes, or

it will separate. If you are not ready, let them stand on the fire separately and mix them when wanted.

CREAM SOUPS WITH STOCK

(Mrs. Lincoln)

For each pint of water in which chicken, veal, or fish have been boiled, or of pulp of vegetables, allow one cup of thick white sauce made with cream. Combine, season, and serve plain, or with sifted egg yolk, minced parsley, or pepper, or the chief ingredient of the soup — like minced white meat in chicken soup, or oysters parboiled and rubbed through sieve for that soup.

CONSOMMÉ

(Mrs. Rorer)

Four pounds of beef, one ounce suet, one small onion, three quarts cold water, four cloves, one small carrot, a piece of celery, one egg white.

Cut into dice four pounds of lean beef from the round; put about one ounce of suet and one small onion—sliced, into the soup kettle and cook until a good brown; then add the meat, cook without covering thirty minutes; add the cold water, cover the kettle and simmer gently for about three hours; at the end of this time add the cloves, carrots, a piece of celery, and simmer one hour longer. Strain and stand away to cool. When cold, remove all grease from the surface. Turn the consommé into a kettle; beat the white of an egg with a half cup of cold water, add it to the boiling consomme, boil one minute and strain through cheese cloth. Season, and it is ready to serve. If wanted dark, add a teaspoon of caramel.

NOODLE SOUP

(Miss Willis)

One large egg, generous one-half cup flour, two quarts boiling water, three pints milk, three tablespoons flour, onion, mace, salt and pepper.

To make the noodles, break the egg into a bowl and beat into it a little more than half a cup of flour and one-fourth of a teaspoon of salt. Now work this dough with the hands until it becomes smooth and like putty. Sprinkle a molding-board with flour, and roll the dough as thin as possible. It should be like a wafer. Let it lie upon the board for five minutes, then roll it up loosely, and with a sharp knife cut into slices about one-third of an inch thick. Spread these little pieces on the board, and let them dry for half an hour or more. Put on the stove a large saucepan containing two quarts of boiling water. Add a tablespoon of salt, and, after turning the noodles into the water, cook them rapidly for twenty-five minutes. Turn into a colander and drain.

To make the soup, use three pints of milk, three tablespoons of flour, one slice of onion, a bit of mace, two teaspoons of salt, and one-third of a teaspoon of pepper.

Reserve half a cup of milk, and put the rest, with the onion and mace, on the stove in a double boiler. Mix the flour and cold milk, and stir the mixture into the boiling milk. Add the salt and pepper, and cook for fifteen minutes. At the end of that time take out the mace and onion and add the noodles. Five minutes' cooking will complete the work.

POTATO CHOWDER

(Miss Willis)

Peel and cut in dice five good sized potatoes. Throw into cold water. Cut quarter of a pound of ham in shreds and chop a medium sized onion coarsely. Fry ham and onion together until nicely browned. Mince a tablespoon of parsley. Drain water from the potatoes and put in a layer of potato dice in the bottom of a stewing kettle, then a sprinkle of the ham, onion and parsley. Then more potato dice, and so on until all is used. Cover with cold water and let come slowly to boiling point. Cook until the potatoes are tender but not done enough to lose their shape. Add a pint of good, rich milk and season to taste with salt and pepper. Rub to a smooth paste two level tablespoons of butter and two of flour. When the chowder boils up, stir in the thickening and continue to stir gently until it boils again, then serve at once.

Salads, Sandwiches and Relishes

Serve a portion of fresh green vegetable, or ripe fruit, with every dinner if possible and dress it simply, always in this order (for if lettuce is wet first with the acid, the oil will not adhere); with salt to make it savory; pepper or other spice to make it bright; oil, cream or butter, to make it smooth and more nutritious, by supplying the fatty element lacking in the vegetable; and lemon juice or vinegar to give piquancy to the combination. Many like to add a bit of sugar to lessen the acidity.

Fruit salads may precede a dinner or luncheon in warm weather, or follow as a dessert at any time; or be served with supper. When they are served first, they are dressed with sugar.

SALAD VEGETABLES

(Mrs. Lincoln)

Celery, cucumbers, lettuce, radishes. To prepare the uncooked vegetables for salad, pick over, discard bruised portions, look out for insects by washing each leaf or stalk thoroughly, drain and pile in order on a wet towel, tie and lay on the ice or where they

will be cold; they will keep crisp for several days. Do not scrape celery till ready for the table. Pare cucumbers and let them stand in ice-water half an hour. Or, pare, but slice just before serving. Put the whole pared cucumber on a shallow dish, cut in very thin and even slices, but keep them together as if whole, and pour French dressing over them. Or let each person dress them to his own liking.

Arrange lettuce in a deep bowl, large dark leaves outside, and so on, with the light colored and small ones in center, as if half opened. Celery looks best in an upright glass with its delicate tips opening out like a flower. The poorer stalks may be cut in three inch lengths. With radishes, cut skin in petal-like divisions.

TOMATO SALAD

(Mrs. Lincoln)

Scald and peel large ripe tomatoes, cut in halves or slices and serve very cold; to be dressed to taste. Or scoop out the centers, making cups to be filled with the scooped-out portion, mixed with dice of cucumber, celery, or sweet pepper, nuts or cheese, and dressed; or, cut the firm pulp, from the bottom part way down to the stem, in petal-shaped strips, turn them partly back like an opened tulip and serve in a lettuce cup. Use any dressing you prefer, from your own estimate of sugar, salt, pepper and lemon, on through the French, the boiled and the sour cream dressings to the rich mayonnaise. They are all good, and blend perfectly with the tomato. When fresh tomatoes are not at hand, use the canned.

POTATO SALAD

(Miss Willis)

Scrub small new potatoes, or smallest of old ones of the waxy variety. Boil them tender but not long enough to break easily. Peel while hot and cut in dice and mix with an equal amount of cucumber dice. Dress with little oil, vinegar, salt, pepper and onion juice and let stand fifteen minutes. Then mix with a boiled or bottled salad dressing, turn into a dish lined with lettuce and sprinkle minced parsley over the top and serve.

LETTUCE WITH PLAIN CREAM DRESSING

(Mrs. Lincoln)

Pile the largest leaves not suitable for decorating, slice through into shreds with a sharp knife. Toss about in the bowl and sprinkle with salt, powdered sugar, cream and lemon juice, and serve at once.

CABBAGE SALAD

(Mrs. Rorer)

This is one of the daintiest of winter salads:

Shave the cabbage on a slaw cutter in a pan of very cold water; let it soak for one hour, then press it dry, put it in a towel and wring dry. Heap in the salad bowl; at serving time at the table dust it first with a teaspoon of salt, then a little pepper; sprinkle over a little mint sauce and six table-

spoons of olive oil. With a fork and spoon toss thoroughly until every part of the cabbage is covered with seasoning and oil. Put over two tablespoons of tarragon vinegar, mix thoroughly and serve.

CHICKEN SALAD
(Mrs. Lincoln)

Allow about equal parts of cold boiled chicken or fowl, cut in small cubes, and celery cut in thin slices. Blend with a little mayonnaise dressing, make it into a mound on a platter, cover with mayonnaise, or the boiled cream dressing if you do not like oil; garnish with the celery tips, a few capers, or minced parsley, or with a border of alternate slices of tomato and cucumber. Do not use tomato and beet together in any salad.

MAYONNAISE
(Miss Willis)

If you have no "mixer" you can make a perfect dressing in the following manner:

Beat two raw egg yolks; add one-half teaspoon salt and scant one-half teaspoon paprika and beat again; add four tablespoons acid, a little at a time, and beat thoroughly. The acid may be lemon juice or vinegar, or both in equal proportions. Add one teaspoon olive oil, put in an egg beater and beat oil in thoroughly; add oil, about one teaspoon at a time for several times, then in larger quantities, beating vigorously. Add one pint of oil to the two eggs. Vigorous and long beating is absolutely necessary in order to avoid the danger of mayonnaise separating or "curdling."

To improve mayonnaise: To one-half cup mayonnaise salad dressing add one heaping teaspoon peanut butter, thoroughly mixed in a small quantity at a time. It gives a richer flavor.

DRESSING FOR COLD SLAW (RED CABBAGE)
(Mrs. Lincoln)

Mix one rounded tablespoon sugar, one-half level teaspoon each salt and mustard, one-fourth level teaspoon pepper and one level teaspoon flour. Melt one level tablespoon Cottolene in saucepan, stir in the dry mixture and add gradually one-half cup hot vinegar. When thick and smooth, add quickly one beaten egg; cook a moment longer and pour it hot into one pint shaved red cabbage and serve at once, hot or cold.

Use this dressing also for any mixed salad of cold vegetables.

FRENCH DRESSING
(Mrs. Lincoln)

Mix at the table in a small cup or bowl with a lip, one-fourth level teaspoon salt, a few shakes of paprika, or white pepper, three tablespoons of olive oil, or choice cottonseed oil, and one tablespoon of lemon juice or vinegar. Stir till the vinegar blends with the oil, and pour it over the salad. If mustard is desired, add it with the salt. Add also a few drops of onion juice. Use this to season or marinade fish and meat salads

before adding the richer dressings, and also on most of the simple dinner salads. The same materials added one at a time to the salad are never as smooth and bland as when made into an emulsion as above, and poured on to the salad.

FRUIT AND NUT SALADS
(Mrs. Lincoln)

Mix one cup each of freshly sliced apple and celery and one-half cup crumbled pecans or walnuts. Dress with cooked or mayonnaise dressing and serve with lettuce; garnish with one-fourth of a red unpared apple, cut in thin crescent-like slices.

No. 2. Mix equal parts of orange pulp, diced banana, pineapple and peeled Malaga grapes, and serve in lettuce cups with French or with sweet dressing.

No. 3. Serve halved peeled peaches with slivers of sweet almond and whipped cream flavored with lemon and sugar in nest of lettuce.

No. 4. Serve sweet juicy pears sliced, with sliced ginger and sour cream dressing.

No. 5. Combine oranges with chestnuts (boiled) and bananas; or cherries with strawberries and pineapple; or serve either alone with French dressing.

CHEESE SALAD
(Mrs. Lincoln)

Mix cream cheese with chopped nuts and minced parsley, make into balls and serve in nest made of shredded lettuce. Or, fill the hollow parts of celery stalks with cream cheese, mixed with chopped nuts, a dash of onion, or sweet pepper, and moistened with a little mayonnaise. Heap it high in about two to three inches of the stalk. Or, pass grated Edam or other dry cheese with a plain lettuce salad, as there may be some who would not eat the lettuce with cheese.

DATE SANDWICH
(Mrs. Lincoln)

Wash dates in tepid water, dry and stone them, remove scales and the inner skin near stone, if it be tough; add an equal amount of finely chopped walnuts, and moisten with soft butter or cream, till it can be spread on slices of bread. Cover, press together and cut in triangles. Combine figs and pecans, or raisins and almonds in the same way.

EGG SANDWICH
(Mrs. Lincoln)

Mince hard eggs very fine, mix with minced olives or cress, or parsley; moisten with softened butter or mayonnaise; season to taste and spread between sliced bread. Or combine yolks with an equal amount of potted ham.

CREAM CHEESE SANDWICHES
(Miss Willis)

Cut thin rounds of rye bread, add enough rich cream to cream cheese to enable you to whip to a consistency to spread nicely, adding enough English mustard to make a golden color and flavor nicely. Spread inch thick on the bread. Grate over it a quarter of an inch of cold boiled ham. Place a few

shreds of olives over this and serve very cold and fresh. Double cream whipped very dry and stiff may be used instead of the cream cheese.

PEANUT AND OLIVE SANDWICHES

(Miss Willis)

One-half box peanut butter, one dozen olives, stoned and minced. Season with lemon juice and salt.

FRIED SANDWICHES

(Mrs. Lincoln)

Beat one egg, add one cup of milk, dip in it six or eight sandwiches made with cheese grated, and placed between buttered bread. Press slices firmly; brown them in hot Cottolene on each side in spider.

CANAPES

(Mrs. Lincoln)

These are small portions of bread covered with simple or compound mixtures of fish, meat, eggs, cheese, etc., seasoned highly, and served as a first course, to tempt the jaded appetite.

Cut either white, graham, rye or brown bread in one-fourth inch slices, and then in oblongs, triangles, rings, circles, crescents or diamond shape. Butter and brown in the oven, or sauté in Cottolene, or fry in deep fat. Cover with either of the following combinations, and arrange on individual plates on a doily, or on a large shallow dish, slightly overlapping, or in any attractive combination of color and shape.

The following are some acceptable combinations.

No. 1. Equal portions of mashed sardines and hard yolks, season with lemon juice; pile it in center of bread with minced whites around it and lay slivers of pickle across diagonally.

No. 2. Spread with French mustard, grated cheese, and a thin slice of pimola, or a border of chopped green pepper.

No. 3. Creamed butter, minced watercress, lemon juice, and minced lobster or crab, or a layer of caviare, or anchovy paste.

No. 4. Minced ham or tongue, made into paste with creamed butter and mustard, and garnished with minced olives, or pickles, or a slice of fresh cucumbers.

EGG RELISH

(Miss Willis)

Bruise a clove of garlic and rub the inside of a frying pan with it. Then put in two large tablespoons of butter, and when it is hot pour in five eggs beaten until well mixed, with a quarter of a teaspoon of salt, two dashes of pepper and a little celery salt or nutmeg. Stir rapidly until the eggs are like a thick custard, then heap on hot toast rounds buttered and spread with anchovy or sardine paste.

PHILADELPHIA RELISH

(Miss Willis)

Mix two cups shredded cabbage, two green peppers cut in shreds or finely chopped, one teaspoon of celery seed, one-fourth teaspoon mustard seed, one-half teaspoon of salt, one-fourth cup brown sugar, and one-fourth cup of vinegar.

Cheese

Cheese is one of the most nutritious and economical foods for those persons who can digest it easily. Cooking or melting and combining it with other foods that its close texture may be broken up, and adding a bit of soda to replace the potash salts taken from the milk in making it into cheese, will usually make cheese more digestible and valuable as a food. Do not over-cook it, or harden it by dry cooking. Being more nitrogenous than other foods and having a distinctive flavor, it should be served with starchy foods and those lacking in flavor, like potato, macaroni, rice, bread, etc. It is generally served at the end of a dinner as an aid to digestion, sometimes with only a wafer; sometimes, by those who like the combination, with pie, and our English cousins make their last course at dinner one of cheese with celery.

WELSH RAREBIT

(Mrs. Rorer)

Two cups grated cheese, two eggs, one-half cup of milk, salt and cayenne to taste.

Toast carefully slices of bread with the crusts removed. While hot, butter them, and then plunge in a bowl of hot water. Place on a heated dish and stand in oven to keep warm while you make the rarebit. Put the milk in a porcelain-lined or granite saucepan; stand it over a moderate fire; when boiling hot, add the cheese; stir continually until the cheese is melted; add salt, cayenne and yolks, and pour it over the toasted bread. If the rarebit is stringy and tough, it is the fault of the cheese not being rich enough to melt.

Old English dairy cheese makes the best Welsh rarebit. Stale beer may be used in place of milk.

BAKED POTATOES WITH CHEESE

(Mrs. Lincoln)

Divide a hot baked potato in halves the long way, lay in a slice of cheese same size and one-third inch thick, put together, press slightly and cover with napkin and by the time it is served, cheese will have softened, and make a savory addition to the potato.

MACARONI OR SPAGHETTI

(Mrs. Lincoln)

Break into half-inch bits, cook in boiling salted water till tender; drain, reheat in stock, or strained tomato, or milk, season with salt, pepper and butter or cream, and when serving cover with grated cheese; or after boiling, moisten with white sauce (see page 41), or tomato sauce (see page 43), add cheese in layers and cover with buttered crumbs and bake twenty minutes.

CHEESE FONDU
(Marion Harland)

Two cups milk, with a pinch of soda stirred in; one cup very dry, fine crumbs, one-half pound of dry cheese; four beaten eggs, one level tablespoon of melted **Cottolene,** pepper, salt, and a pinch of mace.

Soak the crumbs in the milk; beat in the eggs, **Cottolene,** seasoning, lastly the cheese. Butter a pudding dish; put in the mixture, strew the top with fine crumbs, and bake covered, half an hour; then brown quickly. Eat soon, as it will fall in cooling.

CHEESE SOUFFLÉ
(Mrs. Rorer)

One and a half tablespoons **Cottolene,** one tablespoon flour, one-half cup milk, one-half teaspoon salt, three eggs, one cup grated cheese, cayenne.

Stir the flour in the **Cottolene** while heating in a saucepan. Pour in the milk slowly and let it come to a boil; add the seasoning, the yolks of eggs well beaten, and the grated cheese. Pour into a bowl and let cool. When cool, stir in the whites of eggs beaten stiff. Pour into small pans, or one shallow pan, and bake in a moderate oven about twenty minutes.

Pies and Pastry

Pies have been greatly abused, but it is their abuse rather than their use which should be condemned. When properly made with **Cottolene** and eaten at suitable times and in moderation, they are no more indigestible for a normal person than are many other foods which so far have escaped this unjust criticism.

Cottolene is well adapted for pastry; for it makes a light and delicate crust, and is much more wholesome than either butter or lard.

As **Cottolene** *contains no salt, always add salt in pastry making.* This is a universal rule and must not be forgotten.

Where **Cottolene** is used in place of lard or butter in recipes not in this book, *be sure and use one-third less* than where lard or butter is called for.

The best results are obtained when all the ingredients in the mixing of the pastry are exceedingly cold.

PASTRY FOR ONE PIE
(Mrs. Lincoln)

Mix one scant half level teaspoon salt with one and one-half cup pastry flour. Chop in with a knife a scant one-half cup of chilled **Cottolene.** When it is well cut together, mix in very gradually three tablespoons cold water, chopping the mixture and trying to avoid wet streaks. Do not knead with the hands. If soft lay the paste in a pan on ice until chilled. Sprinkle some flour on

the molding-board; flour the rolling pin; roll into rectangular shape, gather together like a jelly roll, divide in two pieces, stand piece on end, pat it flat, then roll in circular shape till a little larger than the plate. When rolled to the required size cover the sides and bottom of the pie dish. Fill with the pie material. Roll the other part of the paste in the same way, making it one-half inch larger than the plate to allow for the filling and puffing in baking. Make several incisions in the top crust before you lay it on, that there may be an outlet for the steam, especially for meat pies. Put it on loosely, throwing the fullness back into the center with the edges just even and press them slightly together, first wetting the lower edge if it is for a juicy pie. Press the two crusts back slightly from the edge of the plate and mark, or not, as you please, with a fork or crimper.

Marking keeps the crust from puffing, and it also helps to retain the juice. Binding the crust to the plate with an inch strip of wet cloth is about the surest way to keep in the juice.

CHOPPED PASTE
(Mrs. Lincoln)

Mix one level teaspoon of baking powder and one scant half level teaspoon salt with one heaped cup of sifted pastry flour. Chop in one heaped tablespoon of chilled Cottolene and mix to a stiff dough with cold water. Toss out on floured board, pat into rectangular shape, and if to use at once divide in halves and roll to fit the plate. If the paste is soft, or you are not ready to make the pies, keep it in ice-chest wrapped in wet cloth between two pans. A larger amount of paste may be made, if many pies are to be prepared, and kept on hand in this way; but pies are better if filled and baked when needed.

APPLE PIE
(Mrs. Lincoln)

Line a tin pie plate with paste; cut five or six greening apples in quarters, remove skin and core and lay the quarters round the edge of the plate uniformly. If apples are very large, cut each quarter in half, but usually one thick piece of apple will soften in baking as quickly as several thin pieces piled one on another. Heap the dish with the broken pieces in center. Sprinkle two tablespoons of water over the fruit, but do not sweeten until baked. Lay the upper crust on lightly without pressing the edges. Bake till apples are soft. When the crust is brown raise it a little and if the apples are tender remove the pie from the oven. Slip a knife around between the crusts and lay the top aside. Melt and boil slightly one-half cup of sugar, or more if apples are very tart, in two tablespoons of water, add one teaspoon of butter, or a few grains of salt, and any spice desired (cinnamon, nutmeg or allspice—but lemon juice with a a little of the grated rind is best

of all). Pour this syrup over the apple, being sure that every part has its share, replace the cover, press the edges together, and you have a pie in which you will surely have saved all the juice and flavor of the fruit.

CHERRY OR BERRY PIES
(Mrs. Lincoln)

Line a deep earthen or granite pie plate with paste, put a half-inch strip round the edge, first wetting the lower paste. Sprinkle over the paste one-half cup of sugar mixed with one rounded tablespoon of flour and dot it with one teaspoon of butter. Fill the plate with cherries or fruit, which have been washed, drained, stoned, and rolled in sugar. Cut through the upper crust in two or three places, lay it over the fruit and press the edges close to the rim. Bake about half an hour and serve while warm.

CREAM PIE
(Mrs. Lincoln)

Line a shallow plate with a crust, prick several holes in it to prevent rising unevenly, put on a border half an inch wide using fluted jagger for cutting; bake quickly and set away to cool. Mix one level tablespoon of cornstarch and two rounded tablespoons of sugar and stir them into the beaten yolk of one egg, add one-fourth level teaspoon salt, the beaten white and two cups of hot milk. Strain into double boiler and cook twenty minutes stirring frequently. Flavor with vanilla and pour into the baked crust. Serve cold without any cover; or, if you like, spread a thin layer of apple jelly over the top, cover with a meringue of two egg whites and one-half cup powdered sugar beaten stiff and slightly browned.

CUSTARD PIE
(Mrs. Lincoln)

Use a plate about an inch and a half deep, with not too flaring edge. Roll out crust an inch larger than the plate, turn the edge under, first being sure that no bubbles of air are left between crust and plate, and pinch the crust into a fluted rim. Heat three cups milk, beat yolks of three eggs with one-half cup sugar till light, add one-half teaspoon salt and a little grated nutmeg, if you like it; add the hot milk and the whites of eggs beaten only till foamy. Beating the whites separately may seem unnecessary, but it gives a more uniformly browned crust, of fine grain like that of nice cake, instead of the blistered patches of brown over a yellow uneven surface which is often seen. Brush the under crust with a little white of egg left in bowl, dredge lightly with flour and then strain the custard into the dish, adding the last portion after setting the dish in the oven, if it seems to be too full. Bake slowly till it puffs up all over and a knife inserted in the center will come out clean and not milky.

LEMON PIE WITH MERINGUE
(Mrs. Lincoln)

Mix one heaped tablespoon flour,

or slightly less of cornstarch, with three-fourths cup sugar, and scant one-fourth teaspoon salt, add the well beaten yolks of three eggs, and white of one, the grated rind of half and juice of one large lemon, and one cup water. Bake it in plate lined with rich crust in a moderate oven. Beat whites of two eggs with one-half cup powdered sugar till very stiff, pile it roughly on the pie and color it slightly in moderate oven.

MINCE PIE MEAT

(Mrs. Lincoln)

The proportions for one cup of meat are given, and the recipe may be doubled or quadrupled as desired. One cup each of chopped boiled meat, seeded raisins, brown sugar, meat liquor, and boiled cider; three cups chopped apples; one-fourth cup each of chopped citron and molasses, and any stewed dried fruit (peach, apricot, or prune); one tablespoon each of salt and cinnamon, one-half teaspoon each of mace and nutmeg and allspice if you like, the juice of one orange and one lemon with grated rind of half, or one strip of candied peel, a few grains of pepper, and when the pies are ready to bake sprinkle each with one-half teaspoon rose water. Use beef from the neck or round—juicy, lean, with a little fat; cook in the liquor and use this for moisture. If boiled cider is not at hand, use syrup from sweet pickle; or, use more lemon and orange juice. Mix thoroughly and cook till apples are clear. Seal in jars for keeping. Wine and brandy may be used if considered necessary, but it is good enough without.

PUMPKIN PIE

(Mrs. Lincoln)

Use the small, deep-colored pumpkins, cut in quarters, remove seeds and bake it skin side down till tender; scoop out pulp and sift it. For one pie allow, if baked in a deep plate, two cups of pumpkin, two cups scalded milk, one beaten egg, or one common cracker rolled fine, one-half level teaspoon ginger, one-fourth cup sugar, one-fourth cup molasses, one level teaspoon salt, and if you like grandmother's way, add two tablespoons of boiled and seeded raisins. Always boil raisins first, for the baking in the pie will not cook them enough. Mix in the order given and bake in a deep plate lined and bordered with a plain or fluted rim. It is done when it puffs in center and shrinks away from the edge.

RAISIN PIE

(Miss Willis)

Grate the yellow from one lemon, discard all the white part of rind and seeds. Chop remainder of lemon and a cup of stoned raisins together, add a pinch of salt, a piece of butter the size of walnut, half a cup of molasses, one cup of brown sugar and two cups of water. Boil all together five minutes. Then thicken with five tablespoons flour. Bake with two crusts.

APPLE CAKES
(Miss Willis)

Two eggs, one cup sugar, one-half cup milk, two cups flour, two teaspoons baking powder, one scant tablespoon Cottolene, melted. Measure the flour and add to the baking powder; beat the eggs; add the sugar and beat again; add milk and flour alternately; the Cottolene is put in last. Pour into two greased Washington pie plates and put the apples on top as thickly as you can. If the slices will stand up, so much the better. (The apples are pared, cut in eighths, and these eighths again divided into two or three sections). Sprinkle with about two tablespoons sugar and bake for half an hour, or until done. Serve hot.

COCOANUT CUSTARD
(Mrs. Rorer)

One pint milk, two eggs, one-half cup sugar, one-half grated nutmeg, one cup grated cocoanut.

Beat the eggs and sugar together until light, then add the milk, nutmeg and cocoanut. Line two pie dishes with plain paste, fill them with this mixture, and bake in a quick oven for thirty minutes.

CHINESE DUMPLINGS
(Miss Willis)

Put a quart of ripe tomatoes into a shallow dish, add seasoning of salt, pepper and a little butter, and a little ginger, if liked. Cover and let them get boiling hot. Meanwhile make a drop batter with two cups of sifted flour, two teaspoons baking powder, one-half teaspoon salt and sufficient water to make batter that will drop from a spoon. Add a cup of cooked sausage meat or highly seasoned cooked meat to the batter and drop it from a spoon on top of the boiling tomatoes. Cover closely and steam for twenty minutes. Serve dumplings as a border around the tomatoes.

BAKED APPLE DUMPLINGS
(Miss Willis)

For six dumplings use half the rule for pie crust, and six large tart apples. Core and pare the apples. Divide the paste into six parts, and roll out one piece into a shape and size that will cover the apple. Place an apple on this and fill the center with sugar, a lump of butter the size of a hazelnut and some cinnamon. Now draw the paste over the apples and press the edges together. Put the dumplings in a baking pan, the rough side down, and proceed with the others in the same manner. Bake in a moderately hot oven for half an hour. Serve hot with a nutmeg or cold sauce.

SULTANA TARTS
(Mrs. Armstrong)

Make pastry with one and one-half cups of flour, one teaspoon of salt, five tablespoons of Cottolene and two of butter. Wash the salt from the butter and pat out into a flat cake. Cut the Cottolene into the flour as for any pastry and then moisten with ice-water. Flatten the paste out

with rolling-pin, lay the butter on this, inclose from either side of crust, making three folds, then turn, roll and fold as usual and chill thoroughly before using. Roll out thin, cut into rounds and bake over inverted muffin tins.

For the filling, scald one and one-half cups of milk and thicken with one-fourth cup of flour mixed with one-third cup of sugar and a little cold milk. Cook in double boiler for ten minutes, add a little salt and two beaten egg yolks, and when cool flavor with vanilla and sherry. Before filling the shells of pastry, add one-half cup of Sultana raisins to the custard (if raisins are hard they may be softened by adding to hot filling when done). Cover with a meringue made of two egg whites, four tablespoons of sugar and a little nutmeg and cinnamon. Brown lightly and serve very cold.

Puddings and Sauces

Use Cottolene in puddings the same as you would butter, except to use one-third less of Cottolene, unless the quantity given is very small. The same amount of Cottolene as of butter would make the article too rich. Make your rich pudding on days when you have the second serving of a roast, or some made-over dish, or at times when the first course is less in quantity than usual.

CUP CUSTARDS
(Mrs. Lincoln)

Scald one quart of rich creamy milk. Beat four egg yolks; add four tablespoons sugar and one-half level teaspoon salt and beat till thick like cream. Beat the whites till foamy, not stiff, mix well with the yolks and add hot milk. Stand cups in a shallow pan in the oven, stir the foam down and fill cups to overflowing, or nearly so. Put hot water in the pan and bake in a hot oven, watching them carefully that they do not scorch. Lay buttered paper over if needed. Test with a knife as soon as they begin to puff and if clean, not milky, they are done. A little nutmeg may be used if liked, but many prefer the simple flavor of the custard, or to boil the sugar to caramel. (See page 63. Sago pudding.)

RICE PUDDING
(Mrs. Lincoln)

Known also as creamy, and poor man's pudding. Soak for half an hour three tablespoons of washed rice and three tablespoons of sugar (rounded measure) in a quart of milk in a baking dish. Bake very slowly, stir up from bottom two or three times. Bake two or three hours, or till rice is soft, whole, and surrounded by a rich, creamy syrup. It should not bake dry, nor be underdone.

When just right it is queen of all rice concoctions, and may be served hot with butter, or cold with cream. Boiled raisins, quartered apples, or prunes, may be cooked with rice to give variety.

SAGO PUDDING
(Mrs. Lincoln)

Scald one quart of milk in double boiler; add one-third cup of sago and one-half level teaspoon salt and cook one hour, or till transparent, stirring frequently. Add one level tablespoon Cottolene and one egg beaten. Melt one-half cup sugar in a saucepan till brown, add one-half cup water and stir into the sago. This gives caramel flavor. Turn into a greased pudding dish and bake about twenty minutes. Eat hot with butter. One egg is sufficient. Do not be tempted to make it less delicate by adding more.

SPICE PUDDING
(Mrs. Lincoln)

Mix two cups sifted pastry flour, one level teaspoon soda, one scant teaspoon of baking powder, two level teaspoons mixed spice, one-half level teaspoon salt, one-half cup chopped raisins, and one-fourth cup chopped nuts. Moisten with one-half cup each of sour milk and molasses and two tablespoons melted Cottolene. Grease some half pint tin cups, or small Cottolene pail, or half pound cans, half fill with the batter, cover with greased paper, or the tin covers if they have them; set them on a pan in a kettle of boiling water and cook about one hour. Replenish the water as needed, and keep half of the mould in the water all the time. Serve with lemon sauce.

GINGER PUDDING
(Mrs. Armstrong)

Mix together thoroughly one and one-half cups of flour, one teaspoon each of ginger and soda, one cup molasses, two-thirds cup of boiling water and one beaten egg. Steam one hour in a tube pan, and serve with either hard or liquid pudding sauce.

BATTER PUDDING
(Mrs. Armstrong)

Sift together one and one-half cups flour, two scant teaspoons of baking powder and one-fourth teaspoon of salt. Beat four eggs well, add one pint of milk and mix well with sifted flour. Add stiffly beaten whites of eggs, and bake in rather hot oven. Serve promptly when done.

Strawberry Sauce

Cream four tablespoons of Cottolene and add one cup powdered sugar and one egg yolk. Beat in half a cup of preserved fruit, or jam when fresh berries cannot be obtained. Chill well before serving.

WHOLE WHEAT PUDDING
(Mrs. Lincoln)

Mix two cups whole-wheat flour, one-half level teaspoon each of soda and salt, stir in one cup of sweet milk, one-half cup molasses, and one cup stoned and quartered raisins (or use ripe berries,

dates or figs) and one-half cup nuts. Steam as directed for Spice Pudding. Serve hot with butter, or cream, or lemon sauce. It will keep several weeks.

LITTLE COTTAGE PUDDINGS
(Miss Willis)

Four tablespoons Cottolene, one-half cup sugar, two well beaten eggs, one-half cup water, two cups flour, two teaspoons baking powder. Beat butter, sugar and eggs together until light, add water, then flour sifted with the baking powder. Bake in quick oven in muffin tins. Serve hot with lemon sauce.

Lemon Sauce

Put one egg, three-quarters cup sugar, two tablespoons butter, four tablespoons cornstarch and one teaspoon grated yellow rind of lemon in a saucepan and beat smooth and light. Pour over this a pint of boiling water, flavor to taste with lemon juice and serve.

STEAMED INDIAN PUDDING
(Mrs. Rorer)

One-fourth pound beef suet, small piece stick cinnamon, grated rind of one lemon, one pint Indian meal, one pint milk, three eggs, one gill molasses.

Chop the suet very fine and mix with the Indian meal; put the cinnamon in the milk, then put it in a farina boiler to scald; strain it while hot and stir in gradually the Indian meal and suet; add the molasses; cover the mixture and let stand over night. In the morning beat the eggs, without separating, until very light; stir them into the pudding, turn into a greased mold or well-floured pudding bag, leaving plenty of room for it to swell. If in a mold, put on the cover; if in a bag, secure it well at the tying place, lest the water should get in, which will infallibly spoil it. Put it into a pot of boiling water and boil continuously for five hours; replenish the water as it evaporates with boiling water. When ready to serve, remove the pudding carefully from the mold or bag and serve immediately with wine sauce.

APPLE PUDDING
(Miss Willis)

Peel and grate about a quart of tart apples, enough to make a pound of grated apple pulp; beat a quarter of a pound of Cottolene and one-half pound sugar to a cream, and then beat into them the yolks of six eggs; add the grated apple; half a pint of cream, the grated rind and juice of a lemon and a saltspoon of powdered cinnamon; line a pudding dish with half-inch slices of stale bread, soaked in milk, or in a custard made by mixing three beaten eggs and a quarter of a pound of sugar with a quart of milk. The dish may be lined with a nice pastry if it is preferred. After the dish is lined, beat the whites of six eggs to a stiff froth, mix them lightly with the prepared apple pulp; put them into the pudding dish, lined

with bread or pastry, and place the pudding in a hot oven to bake until the bread or pastry is nicely browned. Then dust it over with powdered sugar and serve it hot.

Serve with the pudding powdered sugar or any good pudding sauce.

BREAD AND BUTTER PUDDING
(Mrs. Rorer)

Cut in thin slices a baker's five-cent loaf; wash and pick one cup currants; butter each slice of bread; put a layer of this bread in the bottom of a one quart mold or basin; then a sprinkling of currants, and so on until all is used; beat four eggs and half a cup sugar together until light; add gradually one pint of milk and a quarter of a nutmeg grated; pour this over the bread; let stand fifteen minutes and bake in a moderate oven thirty minutes. Serve cold with cream sauce.

QUEEN OF ALL PUDDINGS
(Mrs. Rorer)

One pint bread crumbs, one cup sugar, one scant ounce Cottolene, one quart milk, four eggs, juice and rind of one lemon.

Soak the crumbs in the milk for half an hour; beat the yolks and sugar together until light; then add them to the crumbs and milk; mix and add the lemon. Pour into the pudding dish and bake in a moderate oven half an hour. Whip the whites of the eggs until frothy; add to them four tablespoons of powdered sugar, and beat until very stiff. When the pudding is done, put over the top a layer of the whites, then a layer of fruit jelly; then another layer of whites and put back in the oven a moment to brown. Serve cold with cream sauce. This will serve eight persons.

HUCKLEBERRY PUDDING
(Mrs. Armstrong)

Cream a scant half cup of Cottolene and beat into it gradually one cup of sugar. Then beat in three eggs, singly, until the mixture is light and smooth. Add alternately one-half cup of milk and about two cups of flour sifted with two teaspoons of baking powder and a little salt; then add one cup of floured blueberries. Bake in a moderate oven and serve with a hard sauce.

Hard Sauce

Cream one-half cup of butter and beat in thoroughly a generous cup of powdered sugar. Add a little nutmeg or a tablespoon of sherry.

COFFEE JELLY
(Mrs. Lincoln)

Soak one-half box gelatine in one-half cup cold water till soft; dissolve it in one cup boiling water, add one-third cup sugar and one pint of clear boiled coffee. When sugar is dissolved strain through fine cloth and turn into molds or shallow pans wet in cold water till firm. If cooled in pans, cut in blocks, or break up with fork, when ready to serve. Serve with thin cream and powdered sugar.

Whipped cream looks very attractive with it, but it will not blend with the jelly so well as will the thin cream.

BANANA CUSTARD
(Miss Willis)

Put into a saucepan four tablespoons cornstarch, one cup granulated sugar, one-third of a cup of butter, and beat together until mixed smooth, then pour in one quart of freshly boiled water. Beat the yolks of three eggs very light and add the mixture to them. Place over the fire in a double boiler and cook and stir until thick. Mince some fine ripe bananas very fine, sprinkle them lightly with lemon juice and add to the custard when it is cold. Turn into a pudding dish. Beat the whites of the eggs to a very stiff froth and fold in lightly one-half cup powdered sugar. Flavor with juice of one-half lemon. Heap on top of the pudding and brown lightly in the oven or with salamander. Serve cold.

FRUIT WHIP
(Miss Willis)

A quick dessert may be made from two large tablespoons of raspberry jam, and the same of currant jelly, beaten with the whites of two eggs, and two tablespoons of fine sugar. Mix all together and beat until very light. Place in slender glasses and serve with small fancy cakes.

Blueberries and rhubarb may be combined for jam. Use one-third more of the pieplant, by measure, than you do berries. Use a little water, only just enough to keep the mass from burning, and sweeten well. Cook for fifteen minutes and seal in jars. For pies it may be canned with less sugar.

A little lemon juice, or vinegar, improves blueberry pies.

SNOW PUDDING OR LEMON SPONGE
(Mrs. Lincoln)

Soak one-fourth box gelatine in one-fourth cup cold water till soft; dissolve it in one cup of boiling water, add one cup sugar and one-fourth cup clear lemon juice. When the sugar is dissolved strain it into a large bowl and let it cool. Break three eggs and reserve the yolks for a custard sauce made as for soft custard. Beat the whites slowly till firm and as the gelatine begins to stiffen beat it till light, and add it to the egg and beat all together till very light and white. When stiff enough to drop, turn it into a deep glass dish and let it become very cold before serving. Serve the custard in a pitcher and garnish the dish of snow with drained canned pears as large and white as possible.

ORANGE CREAM
(Miss Willis)

Heat half cup orange juice and half cup sugar in the double boiler. Beat the yolks of two eggs and half cup sugar and stir the hot mixture into this, cooking until spoon is coated with custard. Then add one-fourth package of

gelatine dissolved in one-fourth cup cold water and strain into one and one-half cup cream flavored with grating of orange peel. Stir over ice until the mixture begins to thicken; then turn into a mold and set.

FRUIT TAPIOCA PUDDING
(Mrs. Lincoln)

Cook three-fourths cup of pearl tapioca in one quart boiling salted water in double boiler one hour, or till soft. Pour it into a deep baking dish containing seven pared and cored apples, or peaches, quinces, or pears, or one quart rhubarb cut in inch pieces, or half a pound of stewed prunes. Add one cup of sugar and bake till fruit is tender. Serve hot with cream. Or, use fresh berries, or fruits requiring no cooking, or one cup of any preferred jelly, and simply stir them into the hot tapioca, and turn into a dish and serve cold, with cream and sugar.

CREAMY SAUCE AND HARD SAUCE
(Mrs. Lincoln)

Cream one-fourth cup of butter, add slowly one-half to one cup powdered sugar, beat in gradually two tablespoons rich fruit syrup, or wine, or any fresh fruit juice, and two to four tablespoons thick cream (whipped or not, as you have time) Serve hot by standing bowl over boiling water just before serving, and stirring only till melted and creamy. Or, serve cold; or, if for hard sauce, omit cream and pack it into dish for serving and chill till firm.

SOFT CUSTARD SAUCE
(Mrs. Lincoln)

One pint milk, three eggs, one-half cup powdered sugar, one teaspoon vanilla.

Put the milk on to boil in a farina boiler. Beat the eggs and sugar together until light and creamy, then stir them into the boiling milk and stir over the fire until they begin to thicken, no longer or the sauce will curdle. Take from the fire, add the vanilla and turn out to cool.

CARAMEL SAUCE
(Mrs. Rorer)

One cup granulated sugar, one cup water.

Put the sugar into an iron saucepan, stir with a wooden spoon over a quick fire until the sugar melts and turns an amber color, then add the water, let boil two minutes and turn out to cool.

CRANBERRY SAUCE
(Miss Willis)

Pick over and wash two quarts of cranberries in plenty of cold water; put them into a porcelain-lined saucepan, with a cup of hot water, and one pound of sugar, and stew them gently until they are tender enough to rub through a sieve; then use them as a sauce for roast pig or turkey, or cool the sauce in a jelly mold. If the sauce is cooled in molds wet with cold water, it will make a jelly firm enough to turn out in the shape of the molds.

Ice Creams, Ices, Etc.

For all kinds of ice creams, turn the crank slowly at first but continuously, until it begins to stiffen; then rapidly till the beater goes hard; remove beater, pack the cream down, cover, and repack freezer if you wish the cream to stand and ripen. Do not draw off the water till you repack the freezer.

PLAIN ICE CREAM—COFFEE
(Mrs. Lincoln)

Flavor one quart of rich milk with one cup of strong clear coffee and put on to boil. Moisten one-half cup of sugar, one saltspoon of salt and three tablespoons, level measure, of flour, with one-fourth cup of cold milk, and stir it into the boiling milk. Cook over boiling water twenty minutes, stirring till smooth and thickened. Add two eggs beaten with another half cup of sugar, stir until egg is set. Strain, and when cold freeze; use three parts fine ice and one part rock salt. Half a cup of cream or more will improve it, but it is good without, and will not taste of flour if well cooked. More eggs may be used if liked richer.

STRAWBERRY ICE CREAM
(Mrs. Lincoln)

Mash one quart of fresh clean berries, add one cup of sugar and when dissolved squeeze out the juice through cheese cloth. Dilute with one pint of thin cream, or cooked soft custard, add sugar if needed and freeze as usual.

VANILLA ICE CREAM
(Mrs. Lincoln)

Dissolve one cup of sugar in one quart of thin scalded cream. Cool, add a bit of salt and one teaspoon of vanilla extract, or enough to flavor to taste. Strain and freeze as usual.

LEMON ICE CREAM
(Miss Willis)

Two quarts cream, two cups white sugar, juice and rind of four lemons. The rind of the lemons should be rubbed in lumps of sugar and put in the cream, beat to a froth and freeze.

BISQUE ICE CREAM
(Mrs. Rorer)

One quart good cream, one-half pound macaroons, two lady fingers, one-half pound sugar, four kisses, one teaspoon vanilla, one teaspoon caramel.

Pound the macaroons, kisses and lady fingers (which should be stale) through a colander. Put one pint of cream on to boil in a farina boiler, add to it the sugar; stir until boiling hot. Take from the fire, add the remainder of the cream, and when cold turn into the freezer and freeze. When frozen add the vanilla, caramel and the pounded cakes, and (if you use it) five tablespoons of sherry. Beat the whole until perfectly smooth. Drain the

water from the tub, add more salt and ice, remove the dasher, cover the freezer and let stand three or four hours to ripen.

CHOCOLATE PARFAIT
(Mrs. Lincoln)

Stir two squares of unsweetened chocolate, one-half cup of sugar, and one-half cup of water over the fire and boil until thick. Beat yolks of two eggs with one-half cup of sugar, and a bit of salt, add them to the chocolate and cook over hot water till the egg is thick. Cool in a pan of cold water, stirring frequently. Flavor one cup of thick cream with vanilla, whip it stiff, and fold it into the cooked mixture. Pack it into a mold, solidly and very full, cover with buttered paper an inch larger than the mold, and buttered side up; put on the tin cover and immerse it in equal parts of fine ice and rock salt for three hours.

CAFÉ PARFAIT
(Miss Willis)

Boil one cup sugar and one-fourth cup clear black coffee together to thread degree and then pour in a fine stream into the beaten yolks of six eggs. Return to the fire in a double boiler and stir and cook until the mixture coats a spoon. Beat until cold, then add one pint of double cream, flavored with one-fourth cup strong, clear coffee and whipped stiff and dry. Pack in ice and coarse salt for four hours after placing in the mold. Do not freeze a parfait by turning as you do ice cream, sherbets, etc.

CARAMEL MOUSSE
(Mrs. Lincoln)

Melt one-half cup of sugar in a saucepan and stir till dark brown; add one-half cup of boiling water, simmer ten minutes. Then dissolve in it one level tablespoon of granulated gelatine which has been soaking in cold water to cover, till soft. When cold stir into it one pint of thick cream, whip it stiff, pack it in a mold or the freezer can and keep it in ice and salt (equal parts) for three hours.

WATER ICES
(Mrs. Lincoln)

Are made with sweetened fruit juices, diluted more or less with water. If desired clear and hard, they are frozen by using one part rock salt and three parts fine ice, turning the beater only often enough to keep it from becoming clogged; then, after removing the beater and packing the mixture tightly in the can or mold and surrounding it with ice and salt, it is left to ripen for an hour or more. Boiling the water and sugar to a syrup gives to all frozen mixtures a finer flavor than when used unboiled, and a quantity may be prepared to save time when needed.

FRAPPÉ
(Mrs. Lincoln)

This is any water ice frozen soft, or till of the consistency of mush. By using from one-half to equal parts of salt and ice, a granular texture is secured. The mixture is usually served at once and melts quickly.

Coffee, chocolate and tea may be prepared as for the table, cooled and frozen as above, and they become Frappé.

SHERBETS
(Mrs. Lincoln)

Are water ices with a creamy consistency, obtained by using the beaten white of egg, or a little gelatine, and turning the crank rapidly to make the mixture light. Or, they are milk ices flavored with fruit juices.

LEMON SHERBET
(Mrs. Lincoln)

Soak one-half teaspoon of gelatine in one-half cup of cold water till soft. Boil four cups of water and two cups of sugar ten minutes. Halve six large, juicy lemons, remove seeds and press out the juice; add that with the gelatine to the hot syrup and if needed add more sugar; when dissolved strain and cool. Freeze by turning the crank rapidly until creamy and stiff. None of the volatile oil from the lemon rind is used, and many prefer this mild flavor. If lemon ices lack brightness, or are too sweet, add a little citric acid, or cream of tartar. If the flavor of the rind is preferred, steep thin portions of it in the syrup.

BANANA SHERBET
(Mrs. Lincoln)

Boil one pint each of sugar and water ten minutes; stir hot into the beaten whites of two eggs; add one-half cup of lemon juice, and the mashed pulp of six bananas. Strain and when cool freeze as for sherbet.

VELVET MILK SHERBET
(Miss Willis)

Scald one quart milk in double boiler. Add two cups sugar and stir until dissolved and milk looks blue, then set away to cool; when cold, pack the freezer. Turn in the cold milk, cover, let stand five minutes, then turn occasionally until it seems ice cold, then add the strained juice of three lemons. Turn until the sherbet is quite thick. Add a meringue made with whites of two eggs, and two tablespoons powdered sugar. Work thoroughly together, finish freezing, repack and set away for two hours to ripen. This is delicious.

Canning and Preserving

In canning, the jars should be thoroughly washed; the fruits must be cooked in the jars or filled into them boiling hot. The lid must be sterile and put on the jar while both the jar and the lid are hot, and they must not be opened until needed for use.

Large fruits are better cooked in the jars; small fruits may be cooked in a preserving kettle and filled in the jars, providing they are carefully handled. Small fruits should be just ripe, not under or over

ripe. This is also a good thing to remember in jelly making. Overripe fruits will not combine with sugar to make a brittle, clean jelly.

A good clear syrup for preserving is made by using a pound of sugar to half a pint of water; before it begins to boil, beat into it the white of an egg slightly beaten; remove the scum as it rises until it is perfectly clear.

For covering tumblers of jellies and preserves, melted paraffine is excellent. Pour it over the perfectly cold jelly and it will form a thin crust that is clean, tasteless and durable. It can be taken off and used again. Mutton tallow is sometimes used for the same purpose.

CANNED FRUITS

Raspberries, etc.

(Mrs. Lincoln)

One quart berries, one-fourth cup water, one-half to one cup sugar. Use only fresh fruit, free from mold, and rinse quickly; one spot of decay will often spoil the whole mass. Lay aside the large berries, mash the broken portions, heat them in the water in porcelain kettle till the juice flows. Press juice out through cheese cloth, add to the sugar and when boiling add reserved berries; press them with wooden or silver spoon under the syrup without stirring to break them; boil fast three minutes. Have large-mouthed jars, pint size preferred, with perfect rubbers and covers, scalded and standing in pan of hot water near by. Put on the rubber, skim fruit into jar, boil syrup two minutes longer, strain into the jar, fill to overflowing, put on cover and clamp, wipe and set away. Follow this method for other fruit, adding more water for blackberries, more sugar for strawberries, and use less of each for blueberries; cut rhubarb in inch pieces and use two cups sugar; cut pineapple in half inch slices or bits, discarding the core, and add one tablespoon lemon juice; stone cherries, or a part of them at least, and add more sugar to the sour varieties. Cut large peaches and pears in halves, remove skin, core or stone; add slivers of lemon rind to pears and a few of the stones to peaches. Cook till tender in the syrup, or in water if hard, allowing two cups of water to each quart of pared fruit. Cut quinces in quarters, pare and remove all the granular part near the core; cook in clear water till soft and allow from one to two cups of sugar.

PRESERVES

(Mrs. Lincoln)

Follow the same general directions as for canning, but allow equal weight of sugar and fruit and cook the fruit longer in the syrup, boiling the latter down till quite thick.

PRESERVED PEACHES

(Marion Harland)

Weigh the fruit after it is pared and the stones extracted, and allow a pound of sugar to every

one of the peaches. Crack one-quarter of the stones, extract the kernels, break them to pieces and boil in just enough water to cover them, until soft, when set aside to steep in a covered vessel. Put a layer of sugar at the bottom of the kettle, then one of fruit, and so on, until you have used up all of both; set it where it will warm slowly, until the sugar is melted and the fruit hot through. Then strain the kernel water and add it. Boil steadily until the peaches are tender and clear. Take them out with a perforated skimmer and lay upon large, flat dishes, crowding as little as possible. Boil the syrup almost to a jelly—that is, until clear and thick, skimming off all the scum. Fill two jars two-thirds full of the peaches, pour on the boiling syrup and, when cold, cover with brandy tissue paper, then with cloth, lastly with thick paper tied tightly over them. The peaches should be ready to take off after half an hour's boiling; the syrup should be boiled fifteen minutes longer, fast, and often stirred, to throw up the scum. A few slices of pineapple cut up with the peaches flavor them finely.

JELLIES

Currant, etc.

(Mrs. Lincoln)

Pick over and mash the currants, let them drain without pressure over night. Measure the juice and allow an equal amount of fine granulated sugar. Put not more than three pints to two quarts of the juice on to boil at a time, boil fifteen minutes. Have the sugar hot in the oven, stir it in and when boiling skim it, and boil from three to five minutes, or till it thickens on a cold plate; pour into glasses which have been in hot water, and when cold cover with paper. Cut soft brown or white paper one-half inch larger than the glass, dip it into flour and water mixed to the consistency of thick milk. Drain, spread it on the top, draw the edges down smoothly and when dry it will be tight as a drumhead.

Fruit juices that have water with them, like stewed apples or grapes, should boil long enough to evaporate this water; but never boil the sugar with the juice more than five minutes. Apple jelly may be made with one-fourth less sugar, and green grapes require one-fourth more usually. Peaches, strawberries, and raspberries alone, make a thick syrup, which is not jelly; but combined with apple or currant juice, they will be firm and satisfactory.

SWEET PICKLES

(Mrs. Lincoln)

Boil one quart vinegar, four pounds brown sugar and one cup of mixed whole cinnamon, allspice, cassia buds and a few cloves (tied in a bag), cook in it eight pounds of fruit, ten minutes or till well scalded. Use ripe tomatoes peeled; or peaches, wiped if woolly, pared if preferred; pears pared, and if hard, stewed till tender in clear water; or the rind

from ripe cucumbers, canteloupe, or watermelons, cooked till tender before cooking it in the pickle. For four successive mornings drain off the syrup, boil it ten minutes, and pour hot over the fruit. Then seal in jars as usual.

GREEN TOMATO PICKLE
(Mrs. Lincoln)

Slice half a peck of green tomatoes, dissolve one cup salt in one quart of cold water, pour it on the tomato and, after standing two hours, drain through a colander till quite dry. Add to the tomato one quart of pure cider vinegar, one pound of brown sugar and one level tablespoon each of allspice, mustard and cinnamon, and one level teaspoon each of pepper, cloves and celery seed. Boil all together half an hour after it begins boiling and then simmer two hours.

CURRANT CONSERVE
(Mrs. Lincoln)

Five pounds of currants freed from stems, two pounds seeded chopped raisins, five pounds sugar, four oranges. Cook currants, raisins, and sugar together fifteen minutes after the mixture reaches the boiling point; add the grated rind and juice of oranges and cook all together five minutes longer. Serve as a relish with meat.

Gooseberries may be used in place of currants.

CUCUMBER PICKLES
(Mrs. Lincoln)

Make a brine strong enough to float an egg—one pint of coarse salt and six quarts of boiling water; boil and skim till clear. Pick the cucumbers as they ripen, wash carefully without removing the prickles or breaking the skin, leave a bit of the stem on, and keep them covered with the brine. When you have enough for a jar, or after they have stood in the brine two days, drain them from brine, put into the jar, pour boiling spiced vinegar over and seal.

A NEW MARMALADE
Oranges and Rhubarb in Delicious Combination
(Miss Willis)

A delicious and little known marmalade is made by adding to each quart of cut rhubarb six oranges and one and one-half pounds of granulated sugar. The white rind and the seeds are removed from the oranges, but the yellow peel and the fruit are to be sliced into the porcelain-lined preserving kettle after the rhubarb and the sugar are in it This whole is boiled slowly until quite done and thick enough to suit. Sometimes three instead of six oranges are used, and a pound of fine seeded or seedless raisins take their place.

FRESH FRUITS
(Mrs. Lincoln)

Oranges, grapefruit and melons. Serve very cold, wipe, divide half way down from stem end, remove seeds, and eat with a spoon, with or without sugar. Berries and small fruits: Pick over, hull, rinse, drain and serve with sugar.

Serve cherries, currants and grapes with their stems. Plums, pears, apples and bananas: wipe and serve whole. Peaches: wipe or pare; slice and sweeten if preferred. Pineapples: slice half inch thick, pare, pick off with a fork, discarding hard center, add sugar, lemon juice and a little water and serve very cold. Combine mashed and sweetened currants with sliced bananas or with raspberries.

BAKED BANANAS
(Mrs. Lincoln)

Peel, halve them each way, allow one level teaspoon sugar, one teaspoon lemon juice and half level teaspoon butter for each banana; put them in earthen baking dish; nearly cover with hot water and bake about twenty minutes.

BAKED APPLES, QUINCES
(Mrs. Lincoln)

Wipe, core, fill cavities with sugar, half cover with hot water, bake till soft, baste with the syrup. Serve quinces hot and dot with butter. Serve apples hot or cold and with or without cream.

HARD PEARS, SWEET APPLES
(Mrs. Lincoln)

Wipe, steam till nearly tender, add sugar to the water, turn both into pan and bake till soft.

BAKED OR STEWED RHUBARB
(Mrs. Lincoln)

Wipe, do not peel, cut in inch bits, sprinkle one cup of sugar over each pint of fruit, add no water; let it stand one hour, steam in double boiler, or bake slowly in deep earthen dish till soft.

STEWED DRIED FRUIT
(Mrs. Lincoln)

Prunes, peaches, apricots. Pick over, wash in tepid water and rub well; soak over night in twice their bulk of cold water. Cook slowly, closely covered, till tender. Skim out fruit, add to the water sugar to taste (prunes need but little or none, and lemon juice improves them), boil five minutes, skim and strain syrup over the fruit, or boil down till thick if liked.

SPICED GOOSEBERRIES
(Mrs. Armstrong)

Place in the preserving kettle five pounds of gooseberries (capped and stemmed), one pint of vinegar, four pounds of sugar and two tablespoons each of ground cinnamon and cloves. Cook all slowly for about two hours, stirring it very often during the last hour, as it scorches easily. Put into a crock or in jelly glasses and cover with paraffine when cold. This keeps indefinitely and is excellent with either cold meats or to serve with steak.

Cottolene comes from the snowy cotton fields of the Sunny South. It is a pure, vegetable-oil shortening—wholesome, nutritious, economical; it shortens your food, lengthens your life.

Invalid Cookery

There are many food preparations in the market now—malted, peptonized, albumenized, etc., adapted to nearly every condition, or degree of invalidism. Milk has come to be considered by many physicians as the most suitable food for those seriously ill, varied by eggs, and simple broths; therefore, it seems unnecessary to take space for more than a few of these combinations. Cleanliness and delicacy in all appointments, and dainty serving, often add greatly to the value of the food, and should never be overlooked.

BEEF JUICE

Broil half a pound of lean, juicy round steak, cut one inch thick, until each side is just seared and the juice will flow when cut. Divide into small pieces and press in a lemon squeezer (or a meat press if you have one), put the juice into a small saucepan and stand it in hot water, stir till the liquid is hot, but do not let it boil or cook enough to curdle. Salt slightly and serve immediately. If you have cup in hot water and work quickly, there will be no need of reheating juice.

GRUEL

Have two cups of water (if rolled or flaked oatmeal is used—or three cups, if granulated meal) and one level teaspoon salt boiling briskly in top of double boiler. Stir in one cup of meal, boil rapidly five minutes. Then place top part of boiler over the lower part, cover, and cook from 30 to 60 minutes. When *thoroughly* cooked, take one-fourth cup of the mush, stir into milk or water and rub through a strainer. Heat, season and serve. Dilute with cream or milk.

HOT EGGS FOR INVALIDS

Place a small bowl, suitable for serving, in a pan of water just off the boiling point; put in one teaspoon butter and let it run over the bottom and sides; break in one or two eggs, add a bit of salt, and pepper if liked, and stir with a spoon till egg is mingled and tastes hot; serve at once with toast or wafers. This is more acceptable to an invalid than is a cold raw egg, or a soft egg with the white stringy and half-cooked.

JUNKET

Warm one pint of milk to blood heat, dissolve in it one tablespoon sugar and one-fourth teaspoon salt, flavor with one teaspoon vanilla or one tablespoon wine, or strong coffee; stir in quickly one junket tablet and turn into a dish for serving. When firm and cold serve with sugar and cream, or with any fruit whip made by beating one egg white and one cup of mashed or grated fresh fruit, or stewed fruit, slowly till stiff.

After the Meal is Over

comes the washing of dishes, and the cleaning of greasy, dirty pots and pans. The preparation of the meal is usually a pleasure; the clearing up, disagreeable.

Why not "let the Gold Dust Twins do your work"?

GOLD DUST WASHING POWDER is the quickest dish-washer ever invented. It is a vegetable-oil soap ground into a smooth, golden powder, which dissolves instantly in any kind of water, cuts dirt and grease like magic, and does the big end of the work without your assistance.

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